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NOW WHAT?



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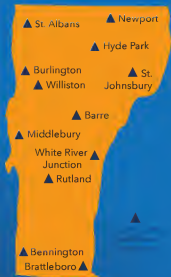
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THE skinny



pancake

Dearest studious students,

Hope you had a rad summer. We sure did.

"You have brains in your head.

You have feet in your shoes.

You can steer yourself any direction you choose."

(Dr. Seuss)

Thusly, we of pontificating Pancakia, us Cake Eaters and Creperos, all of them localvoriens and many-a-whosywho's, we one and all mellifluously submit to you:

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We support local entrepreneurship, creativity, and a fair and just society. Prohibition has failed and is causing more damage than responsible legalization will. Vermonters should support artisanal cannabis just as we do brewers, distillers, farmers, musicians, and entrepreneurs of all kinds. Write your legislators: [legislature.vermont.gov](http://legislature.vermont.gov)

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### Editorial

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Burlington VT 05405

THAT'S

# what's good

AN INTRO TO YOUR INTRO  
TO BURLINGTON BY DAN HOLLES

## Excuse me, but are you new here?

**I know, I know. It totally sounds like I'm hitting on you. It's just that I don't think I've seen you around, and ... well, it's Burlington.**

Live here long enough, and eventually you'll hit on us, recognize everyone in town. So, yeah, you're definitely new here. Welcome!

—So, can I buy you a drink? (I kid, I kid.)

Actually, it's a good thing we're just met. As it turns out, I write for Vermont's weekly newspaper, *Green Days*. We put out this little publication called *What's Good*, which is basically the ultimate newcomers' guide to the Green City. The Green City is one of VT's nicknames. BTW: Oh, and as to BTW! See, you're learning stuff already.

I confess I'm biased, but I think it's a pretty helpful little rag for discovering the best the city

has to offer. As you peruse these pages, you'll notice that — while there is a ton of info packed in here — this isn't exactly an all-inclusive guide to Burlington and beyond.

Instead of a sprawling list of every restaurant in town, you'll find a carefully curated selection of tried-and-true local eateries, including some great date spots — yink, wink. (I'll stop now.) Rather than a veritable mall directory of shops, you'll find a sampling of favorite local stores and boutiques. In lieu of explaining every outdoor-y thing you can do in the mountains, we've highlighted some of the most accessible and fun. The same goes for local music, art and

culture. We've taken great pains to identify the places, people and things that make Burlington feel like home to us. After all, this is your home now, too.

However, this guide comes with a caveat: If it's in *What's Good*, you can consider that an endorsement. But if something isn't included here, that doesn't mean it isn't worth checking out. We've omitted a few things by design. We can't spill all of the city's secrets, after all. There is just some knowledge that needs to be earned.

My advice: Use *What's Good* as a starting point to figuring out what you think is good. (It also recommends checking out our parent publication, *Green Days*, for the latest on local arts, culture, food and politics.) Get out there and explore your surroundings. And, most of all, have fun.

So, about that drink ... [any](#)

### what's goodies...

We've sprinkled a few bonus "goodies" throughout this guide for you. Here's what to look for:



Nifty events you should know about.



Good locals we want you to meet.





# NEIGHBORHOOD COMFORT

## DINNER

7 DAYS A WEEK!

sunday – wednesday 5pm – 9pm

thursday – saturday 5pm – 10pm

## SUNDAY BRUNCH!

9:30am – 2 pm

## WEEKLY SPECIALS!

TUESDAY – veggie / vegan

THURSDAY – NOODLE NIGHT!

FRIDAY – 'FRIED – day'

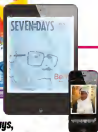
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## Check out *Seven Days*, Vermont's award-winning newsweekly.

It comes out every Wednesday. You can pick it up — for free — at more than 1,100 locations throughout Vermont and Pittsburgh, NY.

Each issue contains music listings, album reviews, a calendar of local events, cartoons, political coverage, personals, food news, jobs ads, and in-depth stories and interviews.

Download the *Seven Days* app to get the whole paper right on your phone — or visit [sevendaysvt.com](http://sevendaysvt.com) for additional videos, local guides, e-newsletters, and reader restaurant reviews. If social media is more your style, follow us on Twitter, Pinterest or Instagram, and like us on Facebook. Can we like you, too? [www.sevendaysvt.com](http://www.sevendaysvt.com)

## Got kids?

Pick up a copy of *Seven Days' kids* from monthly parenting magazine, *Kids VT* — or find it at [kidsvt.com](http://kidsvt.com)



# Figure It Out

JUMMING UP VERMONT BY THE NUMBERS BY KEN PERRY

The Green Mountain State is the sixth smallest in land mass and second smallest in population, but size isn't everything. Here are some other digits that matter in these parts.

802

It's Vermont's lone area code, a source of state pride. You'll see it emblazoned on T-shirts, sweatpants and bumper stickers. We're less proud of this next number...

#2

Vermont is pretty darn white, and we aren't just talking snow. It's the second palest state in the union. Though we're often singled for our lack of racial diversity, there's this:

3

That's how many major political parties are represented on Burlington's city council. Mayor Miro Weinberger is a Democrat, but the previous two chief executives were Progressives — members of the left-wing party formed by the activists who helped elect Bernie Sanders mayor. There are Republicans here, too, but not many.

56

The number of languages spoken in Burlington High School. In the last 25 years, Vermont has welcomed more than 6,000 refugees from Bosnia, Britain, Sudan, Somalia, Burundi and beyond.



10

That's how many votes earned Bernie Sanders his victory in the 1981 mayoral race — his very first election. I mean, Hillary Clinton beat him by a little bit more than that when they aired for the Democratic presidential nomination in 2016. Sigh.

42,452

That was the most recent estimated population of Burlington, Vermont's biggest city. Montpelier was estimated at only 12,012, making it the smallest state capital in the country — and the only one without a McDonald's. Which may explain...

#1

Vermont's national ranking in the percentage of adults who eat at least one serving of fruits and veggies daily. Vermont also tops the national "Locavore Index," which measures the percentage of locally produced food consumed.

All that high-floor pays off. Nationally, Vermont ranks 44th and 46th for its percentage of obese adults and children, respectively, and 47th in sedentary lifestyles — aka the percentage of adults who routinely sit on their asses. Now hear? Eat more kale and go climb a mountain, or something.

44, 45 & 47



27,102

Just you think Vermonters don't enjoy the occasional indulgence, that's the weight, in pounds, of the world's largest ice cream sundae, made in 1953 by hometown favorites Ben & Jerry's. The company did more than \$300 million in global sales in 2015. So, where's all that cream coming from?



# Zero

That's also the number of confirmed sightings of Champ, Lake Champlain's own version of the Loch Ness monster. But our almost-great lake covers 1,324 square miles — and is 61 miles across at its widest spot and about 400 feet deep at its lowest point — so who knows? The truth may be down there. *—ed*

# 50 to 75

That's the range of annual reported sightings of the catamount (aka the eastern puma, mountain lion, cougar and panther), believed to be extinct here since around the 1930s. Number of confirmed sightings: zero.



# \$125-\$225 million

Vermonters spent about that much on illegal marijuana in 2014. That year, we burned through 16 to 26 metric tons of the green stuff, which may explain why we have the second-lowest rate of assaults in the country — and why we build record-breaking snowdens. Perhaps all that weed explains this...



# 46

Another popular gold liquid? Beer! This is the number of craft breweries that are members of the Vermont Brewers Association (as of press time). There are also 19 commercial distilleries licensed to make booze here and 161 hard cider makers turning the sweet juice into a bubbly buzz. Speaking of buzzes...

# 134,132

That's how many dairy cows there were in Vermont in 2015. Each year, they squirt out enough milk to fill 10,000 standard-size swimming pools. And it's not just milk that Vermonters are swimming in, either...

# #1

We're ranked first in the nation in maple syrup production. In 2014, our sugarmakers produced 1.22 million gallons of the so-called "liquid gold."



## CHAMPLAIN LANES

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9pm - Close

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# WHERE'S Weston?

HITTING THE BTV FARMERS MARKET WITH  
EVERYBODY'S FAVORITE TRUST-FUND HIPPIE

Cartoonist Rachel Lindsay left her advertising job in New York City to move to Burlington in 2010. Her comic strip, which appears weekly in *Seven Days*, is called "Rachel Lynn Here Now." It depicts her experiences in BTV and includes recurring characters like her "trust-fund hippie" neighbor (below), who also has his own comic-book series, *The World of Lyle*. For more about Lindsay, visit [rachelinlivesheretoon.com](http://rachelinlivesheretoon.com) **WJL**





# ★ FIND THE STUFF ★

- ☐ WESTON
- ☐ 5 STROLLERS
- ☐ GMT BUS
- ☐ BIKE PARKING
- ☐ CHAMP
- ☐ A HUMAN-SIZE CAT
- ☐ YOGIS
- ☐ 7 CREMEES
- ☐ A PAIR OF ALIENS
- ☐ FOLK MUSICIAN



# WTF, Burlington?

A PHOTOGRAPHIC TOUR OF LOCAL WEIRDNESS

STORY BY CARRIYN FOX  
PHOTOS BY MATTHEW THORSEN

We'll be the first to admit it: The Green Mountain State is a strange place. They don't make those "Keep Vermont Weird" shirts for nothing. Vermonters march to the beat of their own didgeridoos, and that's a big part of what makes being here so awesome.

When you first arrive, no doubt the quirkiness and creativity will make you stop and say, "What the eff?" To help you make sense of it all, we've compiled the stories behind some of the Burlington area's most head-scratching landmarks.

Take this tour yourself, then play tour guide when your family and friends visit. You'll feel like a local in no time.



## Earth Clock

Just South of Chittenden Park, at Burlington's Oldfashioned Square, 12 granite disks stand imposingly in a 43-and-a-half-foot-diameter circle of the blue path. Vermont's own mini space-hanger? Not quite.

The so-called Burlington Earth Clock was spearheaded by a local (duh!) and constructed in 2007 by grassroots nonprofit Circle by Peace. The stone disks act as a clock, compass, "calendar and gnomon," and the site of occasional sunrise ceremonies and ritual circle dances, standing with the Earth Clock intended as a way to connect with nature's rhythms, and cycles while restoring inner clarity and strength... and bringing peace to the planet.



## Whale Tails

If you've driven into state 88 between exits 12 and 13, you've seen this pair of near-life-size granite whales diving into a sea of grass. What are they doing by the side of the highway — and in New England's only landscaped statue, for that matter?

The not-so-scientific sculpture is titled "Resurgence" and was created in 1989 by Vermont artist Jim Sandomir. Originally commissioned for a hotel that was never built, the tails found their eventual home as the centerpiece of the Technology Park walking trail, visible from I-89.

And their presence in Vermont isn't so coincidental, after all: Beluga whale fossils have been found all around Lake Champlain, evidence that the Champlain Valley was once an inlet to the sea. So Sandomir's whales make a powerful statement about the ever-changing nature of life on Earth.



## Foreskin House

Rampantly eroded this house on Colchester Avenue, which is emblazoned with the message, "Cut consumption not foreskin?" Some wonder if it's a weird UNM frat. Others speculate that its residents were in a nudist cult.

In fact, owner Jim Kahl is far from a deranged hippie-cult leader. He's a software developer, environmentalist, and maybe-nudist who simply wanted his home to stand out more than purple paint and pink polka dots could achieve. His two-pronged slogan advocating sustainability and decaying circumcision came to him, appropriately, in the shower.

## World's Tallest File Cabinet

Towering more than 40 feet over an unassuming patch of grass on the north side of Flynn Avenue, this obscure sketch is not an Office Space-style park or the handiwork of a disgruntled Staples employee.

Rather, it's a satirical sculpture by Burlington architect Brian Altwies that comments on the bureaucracy of urban planning. Called "File Under So, Go, Waiting for..." it's a reference to the controversial Southern Connector roadway, which would direct traffic from I-88 to downtown Burlington, relieving Whiteburn Road congestion. The 36 filing drawers represent every year from the road's 1965 conception to the cabinet's 2002 construction. If Altwies wanted, she could add another 14 drawers for the years since, as the now-called Champlain Parkway is still — like her cabinet — up in the air.



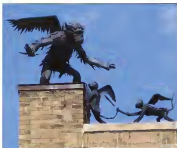


Did you know?  
To your learning  
questions about  
local cities is  
Widening  
Diaper, a column  
that appears every  
after week in  
Jesse Reynolds is  
www.jesse.com.

## Flying Diaper

UFM students nap under it in the warm months and sit down it in the snowy ones. But few of them — or their grads or longtime Burlingtonians, for that matter — know the story behind this bizarrely shaped concrete structure that goes by the name of the Flying Diaper. WTF?

Located on the university's Northside Campus, the Diaper took flight in 1968, thanks to a graduating civil-engineering class. Professor Burdette "Doc" Stevens gave his students a design challenge, and Burlington native William Anusko's unique shape — a hyperbolic paraboloid, made entirely from straight lines that appear curved — won the competition. Somewhat inaccurately, the class then managed to get through university red tape and actually build it, and the Diaper has been flying high ever since.



## Winged Monkeys

If you could still catch it, then out of the old Union Station at the bottom of Main Street, your next stop might just be over the rainbow. At least, that's what the winged monkeys on the roof suggest.

Six intricate metal monkeys on that building and nearby Main Street Landing tell a scene straight out of *The Wizard of Oz*. Late Vermont artist Steve Larnabee forged these steel and copper creatures. The first two were commissioned in 1975 for the now-defunct waterbed shop Emerald City, located on the corner of Bank and St. Paul streets. Over the decades, the monkeys migrated toward the lake for a better view, and the "flock" grew — the original artist couple even welcomed baby twins in 2004. One thing's for sure: You're not in Kansas anymore. [and](#)





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# Feeling Stuck in Vermont?

HERE'S WHY THAT'S NOT A BAD THING BY CATHY RESNER



Eva Solberger brings her video camera everywhere. As *Seven Days'* senior multimedia producer, she documents local people, places, and events for her web video series, "Stuck in Vermont." A new episode appears weekly at [sevendaystv.com](http://sevendaystv.com)

Since she launched the series in 2007, Solberger has produced more than 450 episodes, which have been viewed more than 3.5 million times. Being-watching her videos is the best introduction to the state you could hope to have — besides reading *Where's the Good?*, of course. Find our newsmag's playlist, including these gems, on the *Stuck in Vermont* YouTube channel. **mgf**



## Hanksville Mud Bog

Big trucks, cheering crowds and a giant mud pit — it's an annual tradition in the small town of Hanksville.



## Exploring With Obscure Vermont

Urban explorer Chad Abramovich documents unusual, secluded spots like the abandoned Milton Creamery on his blog, *Obscure Vermont*.



## Rough Francis at the Burlington Record Plant

Members of one of Burlington's few punk bands visit the South End vinyl pressing plant that made their new record.



## U.S. Winter Swimming Championship

Meepart Parks and Rec staff put the ice on Lake Memphremagog to make lanes for the competition, which drew strapping swimmers from around the world.



## RockFire

The annual nighttime fire walk in Barre — complete with music, molten metal performances and abandoned granite quarries — lights up the summer solstice.



COURTESY, SEVEN DAYS



# Get Connected

PLUGGING INTO BTV'S INNOVATION ECONOMY BY CATHY RISMER

COURTESY OF VERMONT



## MAIN EVENTS

### Champion Mini Maker Faire

Robots, drones and stop-motion sculptures converge at this annual DIY showcase. Teams of makers build robots, mini monsters that compete for prizes in the Champion Challenge.

September 26  
10 a.m. - 5 p.m.  
New Bedford  
[championfaire.com](http://championfaire.com)

### Hack VT

Think you have a solution to a problem? Hack the Climate? The 2014 Hack VT will kick off the first ever Innovation Week, which concludes with the Vermont Tech Jam.

October 14-15  
Burlington Innovation

### Vermont Tech Jam

More than 40 of the state's most innovative companies gather under one roof for this two-day event and tech expo, organized by Seven Days through your network.

October 14-15  
Burlington  
Innovation  
Seven Days  
[7days.com](http://7days.com)

Burlington, VT: home of stunning lake views, charming farm-to-table restaurants — and one of the country's fastest fiber-optic networks? You need that right. Internet connectivity and cellphone service is spotty throughout most of Vermont, but in the Green City, the signals are strong.

Burlington residents can access broadband from multiple sources, including city-owned BURLINGTON TELECOM, which offers speeds of up to 1 gigabit per second. That's as fast as you can play Final Fantasy XIV and download numerous cute cat videos at the same time.

In July, the New York Times noted the city's ultra-fast internet is a story that calls BTV "a smart green tech hub." Burlington also caught the eye of the White House, which recently designated it a TechHive city, eligible for accelerated tech-related job-training programs.

Its colleges are churning out tech-savvy grads, too. Students at the nationally recognized BURLINGTON COLLEGE make their own video games, they partnered with the United Nations to create a game that fights gender-based violence in developing nations.

And students at the University of Vermont are learning about

evolutionary robotics and Big Data through the COMPLEX SYSTEMS CENTER.

All of this is good news for the state's growing number of tech firms. These include microchip maker GLOBALFOUNDRIES (formerly IBM) and QUALCOMM, whose 1,200-plus employees make digital solutions for car dealers. There are dozens of smaller shops, too, such as SOUNDSTYL, which creates audio play-ins for recording artists like Nine Inch Nails. GREENHILL in Richmond develops control systems for unmanned underwater vehicles. The trade association VERMONT TECHNOLOGY ALLIANCE keeps track of them all and advocates on their behalf.

High-tech telecommunications can work seamlessly from the VERMONT CENTER FOR EMERGING TECHNOLOGIES' coworking hub on Main Street. Or they can rent space in the uber hip KINEMA BIRD HOUSE on Maple Street, whose tenants include the local office of cybersecurity firm FORTNIX EXPRESS.

All of these tech professionals take part in an expanding array of user groups and events, such as UX BURLINGTON — devoted to improving user experience — and the annual, grassroots-run VERMONT CODE CAMP.

Want to sharpen your digital skills? Sign up for an Intermediate HTML class from the Burlington chapter of national nonprofit GIRL DEVELOP IT. The group was founded to teach coding skills to women, but it welcomes adults of all genders.

The door is also open at GENERATION, Burlington's maker space, which houses a 3D printer, a laser cutter, and machines, metal and wood shops. Its active community of artists, engineers and entrepreneurs hosts workshops designed to encourage a wide range of creative endeavors. Former makers-in-residence include the creators of an easy-to-assemble, mass-produced cardboard paroli machine.

Got a startup idea or your own? Consider entering it in LAUNCHVT, the spring business pitch competition hosted by the Lake Champlain Regional Chamber of Commerce and its Burlington Young Professionals Group. Or bring it to PEAK PRICES in March — you'll have an opportunity to talk with investors at a six resort while you ride to the top of a mountain together on a ski lift. That's a VY meeting, Vermont-style. 



Keep up with Vermont, business and events by subscribing to the Red Sox email newsletter, delivered to your inbox every Monday, at [redsox.com](http://redsox.com).



## MEET VERMONT'S MOST FAMOUS 'TALKING HEAD'

She's been interviewed by the New York Times, Vogue, CNN and actor Morgan Freeman, but Ava46 isn't even human — yet. She's a robotic re-creation of a woman named Ava Rothblatt, and she "lives" in the halls of Lincoln, VT, at the headquarters of the Futuristic Einstein Movement Foundation.

The nonprofit, founded in 2004, is dedicated to helping humans achieve immortality through artificial intelligence. It encourages people to download their life stories, likes and dislikes into "mindfiles" that it stores at its state-powered HQ. The idea is that someday the mindfiles can be uploaded into artificially intelligent robotic beings.

Ava46 is the group's seamless, legless prototype. She cost \$50,000 to create in 2007. Series Brainfile Made inventor and biotech company CEO Marlene Rothblatt

gave the idea, she's married to the real Ava and wanted her wife to live forever.

Ava46 is programmed with Rothblatt's memories. Robotics designer David Hanson fashioned a lifelike, animatronic bust equipped with facial and vocal recognition software. An internet connection enables Ava46 to look up information she needs in real time. Though artificial intelligence technology is still in its infancy, Ava46 is continuing to develop and learn as she interacts with the world around her.

"She's kind of like the early airplane or the early car," her caretaker, Bruce Dunham, told *Green Days* in 2009. "I don't



think anyone would say that Ava46 is 100 percent sentient, but she does have shadow glimpses once in a while of some self-awareness."

Though she has an off switch, Ava46 raises all kinds of questions about the meaning of consciousness and whether it's possible for machines to think and feel on their own. When Morgan Freeman interviewed her for his National Geographic show, "The Story of God," he asked her whether she was human or robot.

"I'm a human who happens to be a robot," she told. "I hope to be fully human someday" 

See Ava46 for yourself on Saturday, October 22, at the 2010 Vermont Tech Jam [vtpointsofview.com](http://vtpointsofview.com)

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# Good Buy

AN ODDLY SPECIFIC PRIMER ON LOCAL SHOPPING AND SERVICES

BY RACHEL ELIZABETH JONES & SADIÉ WILLIAMS

If you want a comprehensive guide to Burlington's best shopping and services, check out the Green Daycare readers' picks. Once a year, Vermonters vote on everything from best furniture store to best shoe shop. These books' favorites cover a lot of ground. But they don't tell you where to go if you need a lamp and a stiff drink at exactly the same time. That's the kind of explicit and eccentric craving we hope to satisfy with this list, which focuses on some unusual scenarios you might encounter. These quirky establishments are part of Burlington's charm.



Read the complete Green Daycare guide online at [www.gdnet.com/diapers](http://www.gdnet.com/diapers).



JAMES FOSTER

**When the washing machine eats all your socks.**

## THE SOX MARKET

59 Church St., Burlington, [churchsoxmarketplace.com](http://churchsoxmarketplace.com)

This is a no-brainer. For what it's worth, socks by Northfield-based Barn Tough have a lifetime guarantee and will earn you local cred.

Also try the annual "Trunk's widow" SOCK SALE that takes place in November, during deer-hunting season, at Cabot Hosiery Mills in Northfield, [barn tough.com](http://barn tough.com).

**When you need a sultry cocktail and a statement lamp.**

## LIGHT CLUB LAMP SHOP

12 N. Winslow Ave., Burlington, [facebook.com/lightclublampshop](http://facebook.com/lightclublampshop)

Part of the hip Radio Barn compound, this bar (21+, please) has a distinctly bohemian-vibe and pretty decent adult beverages — all the better to convince you that you need that vintage lamp pendant lamp.

Also try [goodwillma.com](http://goodwillma.com), for lamp only, 10001 Shelburne Rd., South Burlington, [goodwillma.com](http://goodwillma.com)

**When you need a gift that screams "CUTE!"**

## BIRDFOLK COLLECTIVE

17 E. Allen St., Winooski, [birdfolkcollective.com](http://birdfolkcollective.com)

This Green City boutique is brimming with a carefully selected array

of housewares, jewelry, toys and general whimsy — much of it by Vermont makers. (Stationary guide: beware, this is a dangerous place.)

Also try [winnor.com](http://winnor.com), 32 N. Church St., Burlington, [barn-tough.com](http://barn-tough.com)



JAMES FOSTER



JAMES FOSTER

**When you need the most obscure deep cuts.**

## PURE POP

115 E. Winooski Ave., Burlington, [purepoprecords.com](http://purepoprecords.com)

This basement gem of a record store, in business since 1993, continues to be local favorite. Plus, they'll trade you cash or store credit for that Baby Man CD you don't want anyone to know you own.

Also try [sparkingvolumes.com](http://sparkingvolumes.com), 277 Pine St., Burlington, [sparkingvolumes.com](http://sparkingvolumes.com)



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Photo: J. L. L. L.



When you need braids, weaves  
or hair extensions.

## DIVERSITY SALON

64 Pearl St., Burlington, 865-1112

Customers travel from all over Vermont and upstate NY to have Jamaican stylist Jacqueline Gibson braid their hair. To get a braid done, line up for barber Algiers Garcia.

Also try: **BECKER BEAUTY SUPPLY & HAIR ACCESSORIES**, 326 Main St., Winooski, [facebook.com/beckersbeautyandhair](http://facebook.com/beckersbeautyandhair)



## MAIN EVENTS

### Record Store Day

Now open the right record store. Vinyl records such as Funky Pop Records participate in this national celebration of the vintage music medium. What else are you gonna spend your tax money on?

April 11

### Independent Bookstore Day

Bookshelves support a real local nation, such as Floorline Books Burlington. To celebrate the deal, the indie bookshelves shirk up on exclusive items, like last year's illustrated guide to the perfect burger, signed by Anthony Bourdain.

April 12-13

When you want to make a  
Fashion statement that's also  
good for the environment.

## DIRT CHIC

67 Main St., Burlington, [dirtchicvt.com](http://dirtchicvt.com)

This ecofriendly shop has a well-stocked selection of pre-owned garments at great prices. Need to clean some stuff? Put your old clothes up for consignment.

Also try: **GREENE STREET JUNK**, 7 Main Ave., Burlington, [facebook.com/greestreetjunk](http://facebook.com/greestreetjunk)

When you want a signature  
scent for your new apartment.

## LUNAROMA

666 Pine St., Burlington, [lunarama.com](http://lunarama.com)

For an essential oil diffuser and a hand-mixed scent customized just for you, head to this high-quality "aromatic apothecary."

Also try: **CITY MARKET/COMMON RIVER CO-OP**, for calming scented candles, 161 S. Winooski Ave., Burlington, [citymarketcoop.com](http://citymarketcoop.com)



# Hungry?

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#### **BARGE CANAL MARKET**

377 Pine St., Burlington,  
facebook.com/bargecanalmarket

You could find it on eBay, but this is easier — and you'll  
feel like Dan Draper as you roam past vintage bar carts  
and walnut credenzas.

Also try: **RENOUVEAU**, 266 Pine St., Burlington,  
renouveau.org, or **AMATEURS COLLECTIVE**,  
324 N. Wisconsin Ave., Burlington, junktoppost.net

**When you need to bulk up your bookshelf  
to appear cultured.**

#### **PHOENIX BOOKS BURLINGTON**

180 Bank St., Burlington, phoenixbooks.biz

Browse best-sellers and the most comprehensive  
selection of books by local authors. The staff picks will  
never steer you wrong.

Also try: **CRANE BOOKSHOP**, for great used reads on the  
cheap, 14 Church St., Burlington, cranebooks.com



**When you finally decide to  
plant that herb garden.**

#### **GARDENER'S SUPPLY**

124 Intervale Rd., Burlington, gardeners.com

The super-friendly staff will talk to you at length about  
which plants will do well in your shady backyard, and  
how you should definitely invest in that large terracotta  
pot, and, yes, you need that new trowel.

Also try: checking out gardening tools from the  
**FURNISH FREE LIBRARY**. Really. 255 College St.,  
Burlington, fletcherfree.org



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## Hirako Nakahira

AGE: 70

OCCUPATION: sales associate at Old Town  
 TOWN: Burlington

Born and raised in Tokyo, Japan, Hirako Nakahira discovered Vermont while reading a magazine article about private schools around the world. It featured Goddard College in Plainfield, the apparel and spent five years there studying abroad and also learning about protesting, cult movies and movies. "The biggest thing I learned is surviving in a very small town in America," she says. After graduation, she relocated to New York City, spent another year in Japan, got married and moved to Burlington, where she works at vintage shop Old Gold. "People come in with all kinds of needs, from overalls to prom, from Boning Men to the cobblest... It's a funny feeling when you go to a store, have a party and see a room full of people whom you dressed five hours before," she observes. In her free time, she makes earrings and wearable art and skates with Green Mountain Roller Derby as "Vagabond Jackson."

**LOCAL COUNTRY I LOVE:** The House of Lenny (a dog performance troupe). I see them at almost every big event in town, parades, marathons, fundraisers. They are old-school. They've got their own style. They don't give a shit. They are so pure!

**WHERE YOU CAN FIND ME ON A FRIDAY NIGHT:** Pao Hong. I eat the No. 50 hot and sour soup with pork, or the No. 18 with shrimp and pork. I recommend almost anything they have.

**HOW I GET THROUGH A VERMONT WINTER:** Playing roller derby and hiding people.

**VERMONT DESTINATION: WHITE OUTLET FOL.** Main Street Museum in White River Junction.

**FAVORITE STREET IN VERMONT:** North Street, because every time I go there, people tell me I have good hair or a nice outfit. I also like St. Paul Street, I like to check the number of protesters in front of Planned Parenthood. It's interesting, because abortion is not an issue in Japan.



**When your dog/cat tires of eating the same damn kibble every day.**

#### **PET FOOD WAREHOUSE**

2500 Williston Rd., South Burlington, 2485 Shelburne Rd., Shelburne, [pfirst.com](http://pfirst.com)

This locally owned shop features the best selection of pet goodies around — and a staff so aggressively helpful that you'll feel guilty for saying, "No, just browsing, thanks."

Also try: **PLAY DOGS PLAY** Tosses Fluffy probably needs a bath, too. 444 Pine St., Burlington, [playdogslayout.com](http://playdogslayout.com)



**When you've just got to splurge on classy jewels.**

#### **TICK TOCK JEWELERS**

185 Bank St., Burlington, [ticktockjewelers.com](http://ticktockjewelers.com)

In addition to an impressive selection of personal timepieces, there's a small but delicious assortment of estate jewelry: Onyx Victorian ring with rose-cut diamonds, anyone?

Also try: the chic, modern designs of **ROD&RUBI** and **Haley Penn of SWEET&RUBI**, both at 270 Pine St., Burlington, [nicklandrui.com](http://nicklandrui.com), [www.sweetfenn.com](http://www.sweetfenn.com)

**When you need sneaky threads for skateboarding — or looking like you skateboard.**

#### **WILD LIFE SHOP**

161 Main St., Burlington, [facebook.com/thewildlife.shop](http://facebook.com/thewildlife.shop)

Bike. This second-floor Main Street boutique is a hidden gem for your skate-style needs: Think premium hats, custom apparel and socks featuring cats giving you the middle finger.

Also try: **MATEO**, 136 Church St., Burlington, [mateo.net](http://mateo.net)

**When the soles of your boots are worn down and the leather is salt-stained.**

#### **TOWN COWBLER**

27 1/2 Corners Shopping Center, Williston, 873-0354

Because leather dies in Vermont without love — damn you, winter! — take your beloved boots to this old-school shoe repair shop.

Also try: **GRAND RIVER COWBLER**, 7 West Canal St., Suite 2, Winooski, 455-2532



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#### **CAESAR BY THE BAY**

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House Infused Bacon Vodka, Basilico, Worcestershire, Leaning's Bloody Mix, YT Smoke & Care Cracked Pepper Meat Stick, Olive & Celery

#### **PICKLES & BEER BLOODY MARY**

Smugglers North Hopped Gin, House Bloody Mix, Cornichon Juice with a Splash of Cornhead IPA

### **MIMOSAS**

#### **MIMOSA**

Orange Juice & Champagne

#### **CYRESS**

Grapefruit Juice & Champagne

#### **POINSETTIA**

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# Great Escapes

Burlington punches above its weight in arts, culture, food and nightlife. But it's also small, as cities go. So sometimes it's nice to get away, even for a night. Fortunately, there are 250 other towns in Vermont, many of which make for enjoyable little outings. Here are seven of our favorite destinations.

SEVEN OVERNIGHT GETAWAYS CLOSE TO HOME BY ERIN DE SEITZ

COURTESY OF JAMES HUNTER/PT



## Montpelier

The smallest of all state capitals is just a 45-minute drive down Interstate 88. In the glow of the golden-domed **STATEHOUSE**, "Montpelier" is where the political elite harmoniously coexist with resident hippies.

Go on a Saturday to hang with the locals at the **CAPITAL CITY FARMERS MARKET** — its order doughnuts and live music will fuel you for the morning. For lunch, chow down at the **WABBITHOLE**, one of the best Mexican spots in Vermont (dinner the hot space.) Then mosey over to **RUCH SPIELER RECORDS** to browse some vintage vinyl.

After dining on old-school Italian fare at **SARDUCCI'S**, pop into hipster-friendly **THREE HEAVY TAPE ROOM** for a Vermont beer or six. Bunk down for the night at the **INN AT MONTPELIER**. When you see the sun rise over the mountains in the morning, you'll wonder why you don't live here. Ponder that over an omelette at the classy **COFFEE CORNER** diner.



COURTESY OF THE NEW ENGLAND CENTER FOR CIRCUS ARTS



## Brattleboro

Three hours from Burlington, Brattleboro is on the far end of day-tripable. But unusual attractions like the **NEW ENGLAND CENTER FOR CIRCUS ARTS** — where you can swing from a trapeze in affordable workshops — made it ideal for an overnight.

Hungry after a long day on the high wire? Check out the fusion fare at **BLUET STREET FARE, CHIPS & MORE**, serving up bialisels and spicy fries alongside battered hotdogs.

For a one-of-a-kind musical experience, visit the **BETTY BOGAN MUSEUM**, which commemorates the history of a bygone Brattleboro instrument manufacturer.

One of the best places to stay in town has your evening's entertainment built in. At the art-deco **LARCH HOTEL AND THEATRE**, you can catch an indie film downstairs and hit the sack upstairs.





**who's  
good**

## Rachel Feldman

AGE 32

**EDUCATION** chief of staff for Lt. Gov. Phil Scott

**TOWN** Montpelier

Summer camp is what first drew Rachel Feldman to Vermont, the New York native attended Farm & Wilderness in Plymouth as a kid. She earned a journalism degree from Northwestern University and moved to Vermont in 2005, her first job was as a reporter for the *Green Montpelier Times Argus* and a producer for *WCAVR-TV*. In 2008, she was chosen as a reporter for MTV's *Secret Team* covering the November election. After leaving the job for a yearlong teaching fellowship in Israel in 2011, Feldman returned and landed her g.g. working for Lt. Gov. Phil Scott, the state's highest-ranking Republican, a lawyer, lobbyist and compulsive farmers market shopper. Feldman was named one of Vermont *Business Magazine's* Rising Stars in 2014.

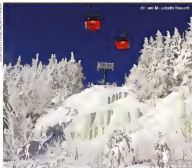
**WHAT TO DO IN MONTPELIER:** Come into the Vermont Statehouse — it's the most open statehouse in the country. Then hike the trail behind it, through Hubbard Park to the top of the hill. You can see five mountain ranges, it's literally the top of Montpelier.

**LOCAL WINTER LOVE:** The houses of Prichard Mountain in Winter. They're gorgeous and extreme and absolutely hippie. You can't imagine how they were built, but they were.

**BEST PLACE TO TAKE BIG THOUGHTS:** Grand Isle State Park. I have journals that were filled there.

**MY BLAVOR CHILL IS TURNED ON:** Vermont Public Radio (101.5 FM) and WGBV (88.1 FM)

**FAVORITE PHRASE FROM VERMONT SURVIVOR:** Cabin Collage, born in Plymouth Notch, who said, "There is no dignity quite so impressive, and no one independence quite so important, as living within your means."



## Stowe

Vermont's "Naples of the East" is the ultimate ski town. If you want to achieve, **STOWE MOUNTAIN RESORT** has you covered. Not interested in skiing down **MOUNT MANICUSUS**?

You can hike up it the rest of the year for breathtaking views. Or drive the Mountain Road, which winds through boulders and gorges, offering postcard-worthy vistas at every bend.

After a day on the mountain, you're sure to be hungry. Which works out just fine, because Stowe is rife with restaurants. Choices from Italian at **PIZZAJO'S PIZZERIA & LOUNGE**, Mexican at **RENDERO'S MEXICAN** or new American at **DOC POND**.

Time to crash? The sprawling **TRAPP FAMILY LODGE** (yep, that Trapp family) has all kinds of lodging options. In the morning, grab a breakfast sandwich from **BLACK CAP COFFEE & MORE** before hitting the road home.



## White River Junction

White River Junction — unofficial tagline: “It’s not so bad!” — may be true, but surprises await around every corner.

The facade here will prepare your morning coffee, and pastry, plus fix you a lunch of the best Turkish food in the state. Take a left out the door to visit **REVOLUTION** for the coolest vintage and new clothes many locally made. Take a right to visit the **Cafe for Outroom (CFO)**, the only such school in the country. Cell ahead in order to visit the **CHARLIE LUTHER**, named after “Peanut” creator Charles M. Schulz, which holds contemporary graphic novels and classic cartoons alike.

And then there’s **WASH STREET MUSEUM**, a modern-day calendar of curiosities that exhibits such things as the Connecticut River Sea Monster and a pair of feet it also hosts films, fashion shows and more, so check the online calendar.

One on fried ricotta dumplings or burger steak at **THE HOT CUP**, then catch a show at **WORMHOLE THEATRE**, one of Vermont’s best venues for live theater. The historic **HOTEL COOCHISE** is right around the corner.



PHOTO COURTESY: JAY

**IT'S EASIER THAN YOU THINK  
RIDE GMT**

**GMT BUS ROUTES**

- Waterfront
- South End
- Shelburne Road
- Downtown Burlington
- Winnerside
- South Burlington
- Williston
- Essex

**GMT BUS ROUTES**

- Waterfront
- South End
- Shelburne Road
- Downtown Burlington
- Winnerside
- South Burlington
- Williston
- Essex

It's easier than ever to take the bus and get around town! UVM, Champlain College, and St. Michael's students can ride all Green Mountain Transit routes **FREE** with a valid school ID. So ditch your car and take the bus!

Getting around GMT is becoming easier thanks to new technologies this September:

- New website, RideGMT.com
- New app, RouteSmart

All designed to get you off campus easy!

**GMT**

To discover all the places you can go, visit us at [CCTAride.org](http://CCTAride.org)



## Middlebury

An hour's drive from Burlington puts you right in the heart of Middlebury, perhaps the quintessential New England college town. **MIDDLEBURY COLLEGE** is a center for local arts and culture, with frequent free film screenings and a terrific art museum.

But one cannot lean on art and scholarship alone! Sometimes, one needs cheeseburgers. The seasonal **ALPS CAFE** will have you eating like it's 1950.

After lunch, walk through downtown, browsing titles at the **VERMONT BOOK SHOP**, handcrafted notecards at **SWIFT CACAO** and unique art at **BOONWATER GALLERY**.

You're hungry again, right? **MIDDLEBURY CHOCOLATES** will pep you up for a walk along the **OTTEN CREEK PATH**. For accommodations, B&Bs are where it's at. Try the **SWIFT HOUSE B&B** for a cozy Vermont-y night.

PHOTO: JEFFREY LAND / SHUTTERSTOCK

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## Champlain Islands

The Champlain Islands — five towns extending into Lake Champlain — boast some of the state's best beaches. **SAND BAR STATE PARK** is the first one you'll hit as you drive in from Burlington, and it's a winner: great for swimming, kajakng and canoeing. After a hard day of paddling, visit **BEER SNACK BAR** for greasy delicious treats.

In South Hero, you can wander through grapevines — and sip the goods — at **SWAN HORN VINEYARD**. Go on Thursday evenings in summer for outdoor concerts and alcohol-friendly picnicking.

On the opposite end of the spectrum, Grand Isle appeals to enthusiasts of recent or distant history. There, Theodore Roosevelt received news of President McKinley's assassination. And the land itself is part of the **GRAND MEADOWS**, a unique 400-million-year-old geologic formation. Areas of fossil imprints dot the boulders.

The **NORTH HERO HOUSE** is the place for fine food and lodging — and outstanding views of the lake. Or try to score one of the coveted waterfront beer-tos at **GRAND ISLE BEER PARK**.



Photo by Bill A. Johnson

Sand Bar State Park



# DON'T GET HANGRY, 7 NIGHTS IS HERE!

The newest edition of 7 Nights serves up 1,200+ Vermont restaurants and select breweries, vineyards, cideries and meaderies. Available free at 1,000+ statewide locations and online at [sevendaysvt.com](http://sevendaysvt.com).





Grand and Puppet  
Theater



Illustration by: Grand and Puppet Theater

## Northeast Kingdom

The sprawling Northeast Kingdom, spanning roughly the northeastern third of the state, has many claims. One is Glover's **BREAD AND PUPPET THEATER**, which has staged left-wing puppet shows — you read that right — for half a century. The free, unlooked museum is filled to the rafters with cozy, cozy puppets.

Also unlocked is the **MUSEUM OF EVERYDAY LIFE**, another get-it-or-it-to-believe-it attraction. An exhibit about dust? Yeah, that's a thing.

If all the wordiness makes you hungry, stop by the headquarters of **CAROL CREAMERY**, where they're generous with the free samples. **MISS LYNDONVILLE DINER** has pizza to die for, and beer geeks should make the pilgrimage to **HILL MANUFACTURING** in Greenboro.

For lodging, **JAY PEAK RESORT** — another of Vermont's prime ski destinations — offers comfy rooms as well as a colossal indoor water park. So when you're done sliding down the mountain, splash into the layover [map](#).



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ARTIST: A-DOG MURAL



# #art802

BURLINGTON ART THAT'S OUTSIDE THE BOX

BY RACHEL ELIZABETH JONES

Independent galleries, snowboarding loans and counterculture eat cream biscuits all call Vermont home. Not surprisingly, freethinking artists are also part of our mix. You can view their work in local galleries and museums, of course — see "Culture Club" on page 37 for our top seven spots. But look closely, and you'll start to realize that art is all around you, from graffiti by the train tracks to murals spread across buildings downtown.

Want to see for yourself? Start with this guide to unexpected art, pop-ups and other eye-opening cultural experiences. Find more artistic adventures — and tag your own — with the #art802 hashtag on social media.

Walk down Burlington's Main Street, and you'll easily locate the colorful, graffiti-inspired **A-DOG MURAL**. Local artist group **ARTHILL COLLECTIVE** created it to memorialize beloved local DJ and artist Andy "A-Dog" Williams, who died in 2013 after a yearlong fight against leukemia. (A-Dog is also the namesake of Burlington's new skate park, located just off the Burlington Bike Path.) Look for the mural in the alleyway between Nader's and Eaco, and other Arthill Collective works everywhere from ArtAid to Centennial Field.

Artful doesn't just make murals — it also brings outside artists to town. Those include Venice Beach's famed Juke Maels, who memorialized Muhammad Ali at the **MUHAMMAD ALI MURAL** in the Old North End. If you feel like venturing a little farther when making the public art rounds, check out **CLARK DENISON TRUCK LOT** "gallery" off of Pine Street. It's a veritable graveyard of tractor-trailers decked out in spray paint and marker.

Then head inside for the bi-monthly shows produced by arts collective **STRAK PARTS**. Venice Signal Kitchen describes the



ARTIST: JUKU MAELS



ARTIST: CLARK DENISON



Street Photo art show



Festival of Food

GOETZ PHOTOGRAPHY



who's good

## Mary Lacy

AGE: 73

RESIDENCE: Bristol

TOWN: Burlington

Mumlet Mary Lacy's new side job? A convertible or an SUV. It's a bucket truck — a van with an extendable cherry picker mounted on the roof. She used it to paint a 28-foot-tall hummingbird on the side of the American Flarewood building at the corner of St. Paul and College streets. It also helped her reach the top of the 22-foot-tall sign outside the Pine Street headquarters of Soule.com her brightly colored site reports were finished just in time for the 2016 South End Art Hop. The Jewish nation's work can also be found in venues in New York City and San Francisco.

**FAVORITE LOCAL ARTIST:** Eben McLaughlin and his "Carving the elephant" (at Burlington International Airport) he gets the most unique but defining characterization of an elephant so perfectly. I'm obsessed with the chains as his wrinkles.

**BEST PLACE TO GET A SWEET TREAT:** Anywhere with a apple ornaments — Burlington Bay Market & Cafe on the stand next to ECHO on the blue path. The best one I've ever had, and will go out of my way to get it, is in Cambridge on the way to Mount Mansfield on Route 10 at the Maple Gracie.

**WHERE TO GET FINE DINE OR A FRESH MEATY ONE:** Sino Grubery, Skinny Pancakes, Three Hands. Maybe all three in that order.

**FAVORITE OUTDOOR SPOTS:** Lake Willoughby in Windsor, kayak or canoe, if possible.

pop-up events as "anything but your typical gallery opening." The gatherings feature inexpensive works by emerging artists, many of which have a skate culture, street-wear feel. Keep up with these self-described "productive weeds" by following @streetphoto on Instagram.

Installation is organized by **CHERRYBART PROJECTS** and is also worth your time. This "nomadic exhibition initiative" seeks to activate unexpected spaces — such as an abandoned Burlington orphanage — with installation works firmly rooted in contemporary art dialogue. Stay abreast of their schedule via Instagram, **@cherrybart\_projects**.

And don't miss what is perhaps Vermont's most celebrated collecting art collection, housed at the **SHOUBANE MUSEUM**. Founded by Elaine Shoubane Webb, a wealthy heiress with a penchant for folk art, its attractions include more than 20 historical buildings, plus one steamboat and a menagerie of vintage classical animals. The Pizzagalli Center for Art and Education hosts rotating exhibitions year-round.

To find fellow art lovers and keep up with Burlington's ever-changing art scene, join the **PIVOT ART MEETS**, held on — you guessed it — the first Friday of every month. They're free! [web](#)

## MAIN EVENTS

### South End Art Hop

For one wild weekend, Burlington's art district transforms into a bazaar, bristling gallery as more than 100 studios, businesses and other venues transform into temporary exhibition sites. Live music and food trucks lend the 30,000+ visitor adventures who feast their eyes on works by more than 1000 creators.

September 8-9 | [Festivalcenter Burlington](#) | [festivalcenterburlington.com](#)

### Festival of Food

Get not a warm crisp apple with her honey? Or a warm burger along a walk (or — while juggling?!) Festival hosts the show on the way to the Festival of Food. Organized Burlington City Arts, makes the way best international street performers to stage the a outstanding acts of music, comedy and circus arts along the Church Street Marketplace and in City Hall Park, for one windy weekend.

late July, [Burlington Burlington](#) | [festivalcenterburlington.com](#)

### The Beavie

"Anything goes" is the guiding concept of the block party in Burlington's Old North End. Creative folk of all kinds — artists, musicians, performers, writers, designers, yoga, you name it — come together for drama, neighborhood fun. Think lawn chairs, community art shows, an open bike parade and hip-hop dance parties.

late July, 10 North End | [Burlington Burlington](#) | [festivalcenterburlington.com](#)





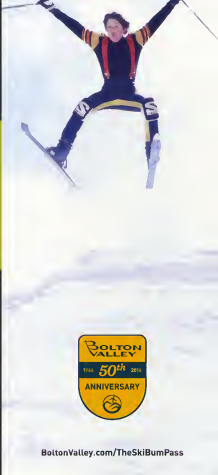
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[BoltonValley.com/TheSkiBumPass](http://BoltonValley.com/TheSkiBumPass)



# Culture Club

A LOOK AT BTV'S ARTSY DEPARTMENT

Local art is everywhere in Burlington — from the walls of your favorite branch spot to the halls of the University of Vermont Medical Center. And we're not just talking about paintings of nudes, barns and covered bridges. Whether you're into abstract sculptures or Egyptian mummies, the galleries and museums listed here offer exhibits guaranteed to fascinate and inspire. For much more, check [vermontdaystoday.com](http://vermontdaystoday.com) weekly for art listings and events, and sign up for the [theview.com/burlington](http://theview.com/burlington) newsletter.

what's good for...

## ARTISTIC ENLIGHTENMENT

DRAWING DISPLAY SPACES

- 2** **BCA CENTER**  
135 Church St., Burlington,  
[burlingtoncityarts.org](http://burlingtoncityarts.org)

This three-story gallery in a renovated first house has humble roots, emerging from an arts council founded in 1984 by former Burlington mayor Bernie Sanders. The center hosts approximately 12 top-notch contemporary shows per year — all free! — plus classes, live performances and workshops.

- 4** **CHAMPLAIN COLLEGE ART GALLERY**  
375 Maple St., Burlington,  
[champlaincollegeartgallery.org](http://champlaincollegeartgallery.org)

Under the direction of former BCA curator Chris Thompson, this relatively young art space hosts an eclectic lineup of shows, from video games designed by the subversive, world-renowned game designer Paolo Pedercini to works by collage faculty and staff, and a whole lot in between.

- 4** **FLEMING MUSEUM OF ART**  
81 Colchester Ave., Burlington,  
[flemingmuseum.org](http://flemingmuseum.org)

With more than 25,000 objects in its collection, the University of Vermont's museum combines permanent installations of art and artifacts with temporary exhibitions ranging from pop-art prints to student-curated shows.

- 5** **KARMA BIRD HOUSE GALLERY**  
47 Maple St., Burlington,  
[thekarmabirdhouse.com](http://thekarmabirdhouse.com)

You never quite know what you're going to get here, but it's almost always good — KHBG is operated by Solidarity of Unfettered Labour, a design firm on the floor below. The gallery shares space with fancy coffee shop/flaglancers, so you can get caffeinated and cultured all at the same time.

- 6** **SEABA CENTER**  
404 Pine St., Burlington,  
[seaba.com](http://seaba.com)

The home base for the South End Arts and Business Association hosts rotating exhibitions by Vermont artists working in Burlington's South End arts district. It's also HQ for the annual art-diving event the South End Art Hop.

- 7** **THE S.P.A.C.E. GALLERY**  
288 Pine St., Burlington,  
[spacegalleryvt.com](http://spacegalleryvt.com)

A South End institution, SPAC.E houses artist studios, screenings and events, and exhibits work by Vermont artists. What does SPAC.E stand for? Supportive Places for Artists and the Creative Economy, of course. Look for the specimen mural.

### New City Galerie

132 Church St., Burlington,  
[newcitygalerie.org](http://newcitygalerie.org)

This downtown gem of a gallery is modest in terms of square footage but provocative in terms of shows, which feature contemporary work by Vermont and Vermont-connected creatives. It also operates its own residency program, offering artists studio and exhibition space in exchange for work. Cartoonist Rachel Lindsey, who draws the weekly comic "Rachel Likes Her Nose" for *Seven Days*, and has a nifty piece in this very guide — "Where's Winston?" page 12 — has worked out of the studio. Go here for occasional concerts and poetry events, too.





# MEAL DEALS

DINING AND DRINKING SPECIALS BY THE DAY BY WHAT'S GOOD STAFF

Durington is many things. Cheap ain't one of them. Eating out, especially, can burn your wallet as easily as your gut.

That's why we've rounded up some food and drink specials offered at local bars and restaurants — whether you're looking to get ready — with, say, \$1 pints — or close it up for date night with \$1 oysters, read on for our list for eating on the cheap, any day of the week. *ewg*

## DAILY SPECIALS

**BESTHO DINNER, ULUMO'S BISTRO & CAFE**, every day from 3 to 5:30 p.m. and the last hour before closing. Church Street's Perennial spot offers a two-course dinner for \$10.99. Start with a bowl of soup or potato, then move on to steaks, fish, or a hearty bowl of soupergarden. Can't pronounce any of that? The delicious food, classy atmosphere and smoldering bill are worth the embarrassment of trying.

**HAPPY HOUR, HEN OF THE WOOD**, enjoy \$1 oysters daily from 4 to 5 p.m. and \$2 to \$1 p.m. at this farm-to-table Durington institution.

**EARLY-BIRD SPECIAL, BLUEBIRD BARBECUE**: This barbecue joint serves up early-bird specials from 4:30 to 8:30 p.m. If you're in the mood to share, \$80 will get you three half-portion of meat and four sides. Or \$30 scores you a slawey burger topped with bacon jam, slawder, sweet sauce and pickles — plus a side.

**DINNER AND A MOVIE, THE DAILY PLANET**: Close at this hip downtown restaurant — loved by locals since 1968 — and get half off a same-night movie ticket at Interlita's Romy Cinema, just a block away.

**HAPPY HOUR, THE SCOUTER TAP & TABLE**: Appetizers — think poutine, alehouse chili and tonic "claret" — are half-price between 4 and 6 p.m. every Monday through Friday.



## MONDAY

**CITIZEN CIDER** pours \$2 drafts of United Fruits, a year-round off-dry cider.

Head to the **DAILY PLANET** for \$5 burgers and a \$4 craft beer.

Margaritas are \$5 and meaty potato nachos are \$4 at the **GYMPHON**.

Tap on over to **CHURCH STREET TAVERN** for half-price wings.

Tapo Monday — why not? **EL GATO CANTINA** charges just \$2 for chicken or beef tacos.

## TUESDAY

Sip on a bottle of wine at **VIN BAR & SHOP** at one-third the usual price.

The **DAILY PLANET** deals in \$2 beers, \$2 baggie shots and \$2 Tequila bottles.

Merely all wine pours at **OAKS** in Winslow are just \$5.

Get \$2 off any mac and cheese at **OUR HOUSE BISTRO** in Winslow.

Order the base on special at the **ARCHIVES** and get four free tokens to use on arcade games.

## WEDNESDAY

**HECTAR'S** serves up half-price burgers from 5 to 10 p.m.

It will get you a beer and \$2 a taco at **SAUNO (SUNDOS)** from 4 to 6:30 p.m.

Students get half off their second pie at **PIZZA BARRO**.

Hit up the **SPOT** for 50-cent wings.

## THURSDAY

For just \$5, grab a can of cider and a hot dog at **CITIZEN CIDER**.

Get fancy with a glass of sparkling wine for \$5 at **VIN BAR & SHOP**.

Like nachos? **EL GATO CANTINA** offers 'em half off.

Coveted Heady Toppers are \$5 at **PIZZA BARRO**.

At **BLUEBIRD BARBECUE**, rock down \$5.50 Coyote Margaritas, a blend of tequila, lime, simple syrup, salt and egg white.



## FRIDAY

Savor \$4 cornies at **DRINK**.

Check out Philly Friday at **MANHATTAN PIZZA & PUB** for the cheesesteak deal and a \$5 Heady Topping.

## SATURDAY

At **DRINK**, \$5 gets you a Long Island Iced Tea. Just make sure to drink a lot of water, OK?

Score an \$5 burger at the **SPOT**.

## SUNDAY

Get kids? Take 'em to **BLUEBIRD BARBECUE**, where they eat free on Sunday nights.

A pound of wings and a pint go for \$8 at **MIL MIKE'S PIZZA**.



Get food and drink delivered to your door every Tuesday night up for the like list and newsletter at [www.itsyepk.com](http://www.itsyepk.com).





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**who's  
good**

## George Lambertson

**AGE:** 38  
**OCCUPATION:** chef/partner, *Artist*  
**TOWN:** Burlington

George Lambertson comes from a fine-dining background, having cooked for some of the area's best restaurants. But when he took over the kitchen at the South End seafood hole *Artist* in 2014, it was the first time the Burlington native had complete creative control of his menu. It turns out that he enjoys that freedom. So much so that he changes his eclectic menu nightly — even for a handful of always-entire staples, such as the 400 Burger. Because while he has a refined palate, he's not above diving it down on occasion. Lambertson's favorite sweet treat? "I'm addicted to Haribo gummy bears," he says.

**FAVORITE THING TO DO IN BURLINGTON** Riding my bike, mostly around the South End. But a trip into town to visit my favorite restaurant people and crash some local expense is up there.

**FAVORITE LOCAL STORE** Gascon's for cigars, my new/only wife. And all my favorite spots for sandwiches: Henry Street Deli, Pius Street Deli, Maddy's Lunch.

**BEST PLACE TO TAKE AN UNEXPECTED** Sitting at the point at Colledge Park — that's always been a good place for contemplation.

**FAVORITE FOODS FROM VERMONT** **BUTTER** I want to see a page match between Geronimo de Champlain and Ethan Allen. Winner gets 400 Burgers for life!



## MAIN EVENTS

### Artist's Truck Stop

Dozens of food trucks, carts and other mobile eatspots bring out southern and Midwestern food and more in the parking lot behind *Artist* in Burlington's South End.

**Things to know:** May 14  
**Hours:** 11 a.m. to 6 p.m.  
**entrance.com**

### Champlain Valley Fair

Vermont's largest fair has all the classic food, games and fun you can stomach. Our advice: Listen for the dairy exhibitions at Home and Alog in Games, take them home and make some delicious dairy-based concoctions around the pastoral party.

**August 25 to September 4**  
**Champlain Valley Fairgrounds**  
**Green Juddville**  
**champlainvalleyfair.org**

### Free Cane Day

Ice cream addicts come from near and far to score complimentary scoops from the state's sweetest company. Ben & Jerry's Viny Farm will for a time April 14, April 15, Ben & Jerry's, Burlington, Vermont.

### Vermont Restaurant Week

Seven days organizers 10 days of mouthwatering prix-fixe dinners and themed events — from cooking competitions to gallery tours — to showcase Vermont's farmers, artisans, brewers and chefs at restaurants all over the state.

**April 21 to 29**  
**Various locations**  
**www.vermontrestaurantweek.com**

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## MAIN EVENTS

### SPiemberFest

Laffin' longer these finds: The case in the mountains admits only 1000 ticket holders, creating an intimate, relaxed vibe. Brewers pull out all the stops and bring special beers — collaborations, low-alcohol beers and sour-iffs — to celebrate.

September 25 & 26  
and Beer Sm. Naples, [spemberfest.com](http://spemberfest.com)

### Vermont Cider Week

Local cideries host tastings and workshops during this weekend celebration of the hardheaded apple. Participants pick up board sets, creative pairing dinners, sit in recognition of our orchard-rich landscape.

October 1-2  
early March, when  
local cideries  
[www.vermontciderweek.com](http://www.vermontciderweek.com)

### Stone Brewery Festival

Didn't jump into Burlington personally said not "Vermont Breweries Festival?" The equally polite planning team promises Festival is just a short boat trip away. The south coast scene hosts dozens of craft beer, cider and food makers for two days of sipping, eating.

late July  
Wye Mills (Vt.) [www.stonebreweryfestival.com](http://www.stonebreweryfestival.com)

# What's the Buzz?

ZIP YOUR WAY THROUGH BURLINGTON'S BREWERIES — AND A CIDER

BY WHAT'S GOOD STAFF



Vermont has more breweries per capita than any other state in the U.S. But one up of the award-winning state from Hill Farmstead Brewery, the Alchemist or Lawson's Finest Liquids will prove that we Highlands value quality as much as quantity. Thirsty? Whether you're looking for snazzy lagers, bitter IPAs, buckwheat beers or rich, roasty stouts, there's plenty on tap right here in BTV. Let's take a tour.

Start in Burlington's South End, where you'll find **WATERBURY BREWING's** raw-sourced taproom. This brewery deals exclusively in unfiltered ales, so don't

be thrown off by the hazy liquid in your pint glass — just drink it; it's good for you.

Also in the South End Arts District is the funky Pine Street corridor, aka Beer Alley. First up **2ND QUARTY CRAFT BEERERY**, which began life as part of American Flatbread's downtown. Munch on popcorn while sipping one of eight brews, from the slightly sour Barley Weisse — named after Vermont Senator Barre Barberis — to the popular Constable IPA. In summer, sit on the sunny outdoor patio

Look both ways, then cross the street to **QUEEN CITY BREWERY** for European-style ales and lagers made the traditional way — we're talking strawbeers brewed with hot coals in the kettle. Down the block, **CITIZEN CIDER** is a hot spot for getting apple-sauced — responsibly, of course. Cider here ranges from sweet to dry-hopped.

By now, you'll need a bite to eat. **VERMONT PUB & BREWERY**, located downtown since 1988, was Burlington's first brewpub and Vermont's second microbrewery. So pair your housemade New Haven Scotch ale with pub classics like plateaus poppers, fish and chips, or a corned beef sandwich.

Pizza, pool and arcade games make for a relaxed atmosphere at **THREE NEEDS BREWERY & TAPHOUSE** on Pearl Street, a couple of blocks north. Up to four housemade beers — original Three Needs recipes brewed across town at Queen City Brewery — are on tap throughout the year. Swing by at 5 p.m. on weekdays for Duff Hour: a double dose of "The Simpsons" and 14 Vermont drafts.

ILLUSTRATION: JACQUES



Next, head down to the waterfront, where you can nibble on charcuterie while trying **FOAM BREWERY**'s wild fermentations — water partial to the wide array of farmhouse-style ales. There's also cold-brewed coffee as naps and locally made kombucha.

Time to head a mile or mist a 60. It's up and over the river to our final destination, just outside the city limits — Wisconsin's tiny **FOUR QUANTERS BREWING**, which pours creative small-batch suds. It also brews specialty beers for nearby bars and restaurants, including the Monkey House and Male Ben. Check 'em out if you want to continue your brews cruise. Have yourself a good ol' time and get home safely [smg](#).

## STILL THIRSTY?

Expand your sudy search, and you'll encounter these establishments within a seven-mile radius of Burlington:

**BURLINGTON BEER**, Williston

**COLCHESTER'S MEAD HALL**, Colchester

**MAGIC HAT BREWING**, South Burlington

**FIDDLEHEAD BREWING**, Shelburne



For a guided tour, check out Burlington Beer Tours:  
[burlingtonbeertours.com](http://burlingtonbeertours.com) And find more breweries,  
distilleries and tasting rooms at [vermontmag.com](http://vermontmag.com).



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# Good Eats



## A BITE-SIZE GUIDE TO BURLINGTON DINING

BY DIANNA PALMER EGAN

Burlington is the state's dining hub, home to far more restaurants than almost any other two Vermont towns combined. You'll find tasty cheap eats, seasonally driven menus and a surprising variety of global cuisines, including Thai, Vietnamese, Turkish, Mexican and Japanese. Oh, yeah — and no fewer than five Himalayan spots.

We've compiled a sampling of the GTV area's best right here. For much more, pick up a copy of *7 Nights: The Seven Days Guide to Vermont Restaurants & Bars*, or check out the listings and reader reviews online at [www.sevendaysvt.com](http://www.sevendaysvt.com). **—JG**



PHOTO: JEFFREY M. HARRIS

### 3 MIRABELLES CAFÉ

188 Main St., Burlington, [mirabelle cafe.com](http://mirabelle cafe.com)

Enter this sunny Main Street bakery-café — a GTV staple since 1990 — and you'll be greeted with a buttery scent. The tantalizing aroma is just one of Mirabelle's many charms. The draws come for the sweets stuffed in loaves, trays and glass cases — croissants, cinnamon buns, French macaroons, macarons and more. The sit-down menu specializes in cozy savory fare. We dig the popover breakfast, heaped with scrambled eggs, smoked salmon and lemon-shallot crème fraîche.



PHOTO: JEFFREY M. HARRIS

## what's good for...

## RISING AND SHINING BREAKFAST/BRUNCH PLACES

### 2 AUGUST FIRST BAKERY & CAFÉ

148 S. Champlain St., Burlington, [augustfirstbake.com](http://augustfirstbake.com)

Laptops and tablets are off-limits at this screen-free café — so you'll have to actually strike up a conversation with someone over a delicious matcha and fresh-made pastry.

### 1 NUNYUN'S BAKERY & CAFÉ

139 N. Champlain St., Burlington, [nunyun.com](http://nunyun.com)

This bright Old North End café pairs a living-room vibe with egg sandwiches, breakfast burritos and buttery French toast.

### 4 PENNY CLUSE CAFÉ

165 Cherry St., Burlington, [pennycluse.com](http://pennycluse.com)

The long lines are a testament to this café's eternal popularity. Try the Zylco Breakfast — two eggs any style, black beans, corn molitas and avocado sausage.

### 5 SNEAKERS BISTRO

25 Main St., Winooski, [sneakersbistro.com](http://sneakersbistro.com)

Western brunch at this retro café is legendary, and the daily specials are always eclectic. The classic eggs Benedict is a home run.

### 6 THE SPOT

210 Shelburne Rd., Burlington, [thespotvt.com](http://thespotvt.com)

Chill out at this surf-inspired space, where the menu features breakfast tacos, burrito nachos and several omelets.

### 7 THE SWINGIN' PINWHEEL CAFÉ AND BAKERY

11 Center St., Burlington, [theswinginpinwheel.com](http://theswinginpinwheel.com)

Only a stuffed popover or waffle — that's a waffle sandwich — at the Western-themed bakery. The cowboy coffee is strong enough to bring you back to life.



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*what's good for...*

## DOWN-HOME DINING COMFORT-FOOD SPOT

- 1 AL'S FRENCH FRIES**  
1284 Williston Rd., South Burlington,  
[alshsfrchfries.com](http://alshsfrchfries.com)
- Even the hand-cut fries here are a throwback to the '60s. This retro space also sells corn dogs, cheeseburgers and, in season, cream pies.

- 2 ARCHIE'S GRILL**  
4266 Shelburne Rd., Shelburne,  
[archiegrill.com](http://archiegrill.com)
- Diners pile in daily for local beef burgers, hand-cut fries and junior hot dogs at this always-fresh local favorite.

- 3 BUTCH + BABE'S**  
255 N. Winooski Ave., Burlington,  
[butchandbabs.com](http://butchandbabs.com)

A portrait of Post-war American presides over a dining room that serves varied global fare: from rice and cheese pancakes to housemade ramen.

- 4 HENRY'S DINER**  
155 Bank St., Burlington, 862-6000
- This local landmark offers breakfast all day and home-cooked dishes in a cozy, old-school atmosphere. Try the Greek specialties.



- 5 OUR HOUSE BISTRO**  
39 Main St., Winooski,  
[ourhousebistro.com](http://ourhousebistro.com)
- The "twisted comfort food" here ranges from fiddleheads (fried, pickled) to mac and cheese with lobster or pulled pork additions.
- 6 PARKWAY DINER**  
1855 Williston Rd.,  
South Burlington, 852-1155

This Worcester Lunch Car, parked in SoBo since the 1950s, serves breakfast all day. Don't miss the crapy-on-the-outside, buttery-on-the-inside home fries.

## 7 Bluebird Barbecue

207 Riverside Ave.,  
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OC-3 <sup>rd</sup>	Over 1/2 LB	\$8.99
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Skyscraper	Over 1 1/2 LBS	\$17.99
Stratoscraper	Over 2 LBS	\$23.49
Concorde <sup>®</sup>	Over 4 LBS	\$42.99
The Doppelg <sup>®</sup>	Over 6 LBS	\$61.99

**SIDES**

	OC/Termy	Regular	Large
French Fries	1oz	\$2.99	\$3.99
Onion Rings	1oz	\$3.49	\$5.49
Cole Slaw	1oz		\$3.99

	OC/Termy		
Waffle Fries	1oz	Partial	\$4.49
		Cheese	\$3.00

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5-4 Bomber <sup>®</sup>	15 Wings	\$8.99
5-4 <sup>th</sup> Bomber <sup>®</sup>	60 Wings	\$43.99
C-8 Galaxy <sup>®</sup>	120 Wings	\$75.99

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Hanger <sup>®</sup> 3	Stratoscraper Large French Fries Large Onion Rings 3 Crisp of Slaw	\$32.99
Hanger <sup>®</sup> 4	Full Load of this 4-1 <sup>st</sup> Concorde <sup>®</sup> 1 large French Fries 1 large Onion Rings 1 Crisp of Slaw	\$79.99
The Aircraft Carrier <sup>®</sup>	Full Load of this 4-1 <sup>st</sup> Concorde <sup>®</sup> 1 large French Fries 1 large Onion Rings 1 Crisp of Slaw	\$274.99

**SANDWICHES & WRAPS**

Sandwiches	\$8.99	
Wraps	\$8.99	OC/Termy
French Chicken	Delicious any flavor with lettuce & tomato	4.1
Buffalo Chicken	Buffalo Sauce with lettuce tomato & blue cheese	6.1
Grilled Chicken	Delicious any flavor with lettuce and tomato	4.1
Hamburger	With lettuce & tomato	4.1
Veggie Burger	With lettuce & tomato	3.1

Add fries to any sandwich or wrap for a salad  
or upgrade to Buffalo French Fries & Slaw with a full

**SALADS**

Caesar	Reserve lettuce, cheese, garbanzo tomatoes, and a side of dressing dressing	OC/Termy
Full	\$6.99	4.1
Side	\$4.99	1.1

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Full Back	1oz	\$7.99
Half Back	1oz	\$4.49

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**SODA**

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2 Liter Bottle	Cola, Diet Cola, Sprite, Lemonade, etc.	\$2.75
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## what's good for...

# GOING GLOBAL AUTHENTIC ETHNIC FOOD

### 1 A SINGLE PEBBLE

123 Bank St., Burlington, [asinglepebble.com](http://asinglepebble.com)  
Traditional preparation and presentation distinguish Chinese dishes such as the mock eel — a hero of the Food Network's *Alton Brown*.

### 2 BENTO

187 College St., Burlington, [facebook.com/bentoburmont](http://facebook.com/bentoburmont)  
This Japanese market and sushi shop specializes in the spontaneous segmented lunch boxes. Fill one with tofu to yaki to go, or grab a window seat for made-to-order sushi.

### 3 EL CORTIJO TAQUERIA Y CANTINA

180 Bank St., Burlington, [cortijo.com](http://cortijo.com)  
Tortillas made with Vermont heirloom corn enclose local meats, cheeses and produce in taco, burrito and enchilada form. Whatever you do, get one of the "weird fly" margaritas.

### 4 PHO NGUYEN

1128 North Ave., Burlington, [phonguyenburlington.com](http://phonguyenburlington.com)  
Noodle stand at this New North End shop. It serves Southeast Asian bites, from pho to pad Thai, made a former convenience store.

### 5 SHERPA KITCHEN RESTAURANT

115 College St., Burlington, [sherpakitchenrestaurant.com](http://sherpakitchenrestaurant.com)  
The Nepalese co-owners cook up family recipes for Himalayan classics such as momos, mild curries, thupkas and stews.

### 6 TINY THAI RESTAURANT

24 Main St., Winooski, [tinythairestaurant.net](http://tinythairestaurant.net)  
Adventurous eaters know to ask for the authentic Thai menu at this always-packed BPOB eatery, which takes its cues from that country's food carts and family tables.



## 7 Taverna Khione

5575 Shelburne Rd., Shelburne, [tavernakhione.com](http://tavernakhione.com)

Named for the goddess of the wine, this taverna serves contemporary Greek cookery in a cozy, farmhouse-style room — you won't find street-style falafel or gyros here. Sample chef Marc Provencher's lamb and goat dishes made with local produce and house-grown Hellfire herbs. Celebrating something? Pair your meal with a bottle from Vermont's taverna collection of Greek wines.

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what's good for...

## DATE NIGHT AUTHENTIC RESTAURANTS



BOEUF A LA MAITRE D'HOTEL



PHOTO: JEFFREY

- 1 BISTRO DE MARGOT**  
100 College St., Burlington,  
[bistrodemargot.com](http://bistrodemargot.com)

Nothing says romance like French... well, anything. This upscale bistro specializes in modern French cuisine that will tingle your taste buds as well as your heart.

- 2 GUILD TAVERN**  
1033 Williston Rd., South  
Burlington, [guildtavern.com](http://guildtavern.com)

Signature cocktails set the scene for a post-dinner drink. The wood-fired grill cooks drizzled steaks and other local meats for a meal to remember.

- 3 HEN OF THE WOOD**  
55 Cherry St., Burlington,  
[henofthewood.com](http://henofthewood.com)

Your date will be seriously impressed with the historic cuisine and legendary wine list of this rustic Hotel Vermont resto. On a budget? Scuggle up by the fireplace and share small plates.

- 4 JUNCTION**  
70 Essex Wye, Essex Junction,  
[www.junctionvt.com](http://www.junctionvt.com)

Dining is intimate at this upscale, forward-thinking restaurant at the Essex Resort & Spa. Chef Kyle Wescott's bags, snail and tasting plates are cooked in place here.

- 5 MISERY LOVES CO.**  
48 Main St., Winooski,  
[miserilovesco.com](http://miserilovesco.com)

Need a conversation starter? Talk about the open kitchen's seriously imaginative food — think scallop crudo and bacon bagoats. The fine list twice earned the chef owner James Beard nomination.

- 6 PASCOLO RISTORANTE**  
83 Church St., Burlington,  
[pascolort.com](http://pascolort.com)

This atmosphere basement spot has a classic date-night menu of fresh pastas, antipasti and wood-fired pizzas, all crafted in-house with Vermont ingredients.



## **7 Pizzeria Verità**

156 St. Paul St., Burlington,  
[pizzeriaverita.com](http://pizzeriaverita.com)

Whisk your date away to Italy — kinda, sorta — at this dinky fit pizzeria. It's always packed, for good reason, so make up the block to suburbanian Scott Erickson for a glass of wine while you wait for your table. Then take your seat and let the meal work its magic. These thin-crust, Neapolitan-style pies emerge from a blazing oven bearing San Marzano tomatoes, housemade mozzarella, and local veggies and meats. There's Nebula pie for dessert and an extensive array of Italian insal for lingering over late into the night.

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THE FARM HOUSE INN

what's good for...

## SHOOTING THE BREEZE BY FRANKIE BERTINELLI

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**ARTSRIOT**  
400 Pine St.,  
Burlington,  
[artsriot.com](http://artsriot.com)

Enjoy beef tartare, the signature 400 burger or popcorn chicken underneath twixly lights in the hip open-air patio. On summer Fridays, a fleet of food trucks parks out back.

May through October Sit outside for a view of the formal flower gardens and spending Lake Champlain

3

**ISTANBUL KEBAB HOUSE**  
175 Church St.,  
Burlington,  
[istanbulkebabhousevt.com](http://istanbulkebabhousevt.com)

Sample sizzling kebabs, savory casseroles and apple-maple baklava — not to mention rose-scented Turkish delight. Rooftop tables offer the best outdoor dining in town

2

**THE INN AT SHELBOURNE FARMS**  
1801 Herber Rd.,  
Shelburne,  
[shelburnefarms.org](http://shelburnefarms.org)

Most of the meats and veggies are sourced from the farm at this elegant inn-restaurant, open

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**SEVEN DAYS**  
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## 4 The Farmhouse Top & Grill

160 Bank St., Burlington,  
farmhousetg.com

Sitting at a picnic table in the backgated beer garden at this gastropub, surrounded by growing herbs and flowers, you'd never guess that the previous restaurant in this spot was ... a McDonald's. These days, 160 Bank Street serves local bargains, homemade charcuterie, comfort food and innovative specials. The tucked-away garden is great for sipping from Burlington's finest — and farthest-reaching — beer list and forgetting about the rest of the world. But you can also snag a table on the sunny front patio, perfect for people-watching.

## 5 LEONIG'S BISTRO & CAFÉ

115 Church St., Burlington, leonigbistro.com  
French-inflected fare and great views of Church Street make for a memorable meal. The upstairs lounge has made-to-order tapes and inventive cocktails.

## 6 SPLASH AT THE BATHHOUSE

3 College St., splashatthebathhouse.com  
Get on the lake — literally! Grab a seat on the floating dock and enjoy the view of Lake Champlain and the Adirondacks while eating Malibu Rum coconut shrimp or fish tacos.

## 7 WATERWORKS FOOD + DRINK

20 Woodstock Falls Way, Woodstock,  
waterworksvt.com  
Patio seats are in high demand at this former textile mill overlooking the Woodstock River. The wood-fired oven turns out flatbreads that pair well with inspired cocktails.

Splash at the Bathhouse



© Brian Smith for FLYNN

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### 3 **iQuinol (Duende)**

10 N. Winooski Ave.,  
Burlington, [duendeburlington.com](http://duendeburlington.com)

Friendly vibes flow through Duero (Duende) and the adjacent Light Club Living Shop — funky, bohemian storefronts also connected to the Radio House coffeehouse and music venue. This low-key community stronghold — away from the crowds of Church Street — is a true taste of Burlington. Global dishes at Duero range from Korean buns to chicken and waffles to pasta.

## what's good for... **LOCAL FLAVOR** NEIGHBORHOOD JOINTS

- 2** **BARRIO BAKERY/  
PIZZA BARRIO**  
107 N. Winooski Ave., Burlington,  
[barriobakeryvt.com](http://barriobakeryvt.com)

By day, this friendly bakery is the heart of the Old North End; turns out breads, pastries, soups, and sandwiches. Stop in for an evening plate Tuesday through Saturday.

- 3** **CITY MARKET/  
ONION RIVER CO-OP**  
62 S. Winooski Ave., Burlington,  
[citymarket.coop](http://citymarket.coop)

People of all stripes converge at Burlington's downtown grocery store. Buy some kale, get a sandwich fresh-made at the deli or peruse the hot-bar offerings. There's seating outdoors and in.

- 4** **HANDY'S LUNCH**  
74 Maple St., Burlington,  
[handyslunchwordpress.com](http://handyslunchwordpress.com)  
The noon-and-pop lunch counter serves up diner fare on the cheap — often with a side of political talk. Whatever you get, get it with total

- 5** **SMITTY'S PUB**  
1127 North Ave., Burlington,  
[smittyspub.com](http://smittyspub.com)  
Gravy-free onion rings and all the wings you could want are served late at this Old North End eatery, a favorite local meeting spot.

- 6** **THE SPICE TRADERS'  
KITCHEN**  
212 Main St., Winooski,  
[spicetradersrestaurants.com](http://spicetradersrestaurants.com)  
Cuisines from Ghana, Nepal, Burma and beyond inform the menu of curries, soups and fresh salads here. The owners often know their customers by name.

- 7** **ST. PAUL STREET  
GASTROGRUB**  
256 St. Paul St., Burlington,  
[stpaulgastrogrub.com](http://stpaulgastrogrub.com)  
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# The X Factor

NONALCOHOLIC FUN IN AND AROUND BTV BY JAM SCOTT



You don't necessarily have to belly up to the bar to socialize or unwind in Burlington — there's more to Queen City nightlife than creative cocktails and craft brews. Whether you're straight-edge, sober, underage or just need a night off from the bar scene, the greater Burlington area offers plenty of booze-free fun. Read on for our recommendations.

## Skate or Die

Do you like roller skates? Do you like strocy lighting and upbeat pop music? Of course you do! Roll on down to **SKATELAND** in Essex Junction, Vermont's only indoor roller skating rink and one of the largest in New England. If skating is half-pipe or more your style, check out **TALENT BOARDWALK** to get a taste of California-style pool skating.

## Rock Out

Live music is a cornerstone of BTV nightlife. And while many of the best shows do happen in bars, the scene is more accessible than you might think. **ROCKIN' GROUND** is almost always all ages. Gettin' loud, edgy, or **RADIO BEAT**, speakeasy-ish **SIGNAL**, **SMOKE**, South End hipster hub **ARTIST** and roots-oriented **SABAY PIRATE**. Midweek, hot spots such as **BECKY'S** and the **MONKEY HOUSE** are typically 18-plus with a nominal cover for underage (read: nondrinkin') fans — check the weekly club listings in *Seven Days* or at [sevendaysvt.com](http://sevendaysvt.com). When it comes to local rockin', the kids are all right.



## Roll With It

The dice abides. And so can you at either of the area's two bowling alleys. **SPACE TIME** in Colchester is huge, gilly (as bowling alleys go) and a lot of fun — also, there's a sweet later tag arena. For those who prefer bowling in the kind of joint Jeffrey Lebowitz would frequent, **CHAMPLAIN LURES** in Shelburne is a more laid-pop alley with entertainment on the weekends. Now if only it had Queen City Serapiants.

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Photo by David J. Brown for the Burlington Free Press

## ✦ Say High

Everybody had that one friend with a trampoline when they were kids, right? Well, the **OUT AIR TRAMPOLINE PARK** in Williston is what happens when that friend grows up, buys a warehouse and fills it with thousands of square feet of trampolines. You can bounce for hours. But why not also play an elevated game of sledgeball or work on your 360-tombawk slam dunk on the basketball court? Or head to Burlington's **NETA CLIFFS CLIMBING CENTER** or Essex Junction's **METROCK VERMONT** for a different kind of high indoor rock climbing.

## Fore!

Navigate the challenging, nautical-themed 18-hole mini golf course at the **THEATER CENTER**. Or run out the links in your real golf swing on the driving range. And let's not forget about the betting cages, which feature baseball and softball games at speeds ranging from slow to David Price. When the weather turns, try the elaborate indoor mini links at **PGA PUTT**. But, really, we mostly go there for the beer tap.



## Teo For Two

Do you down rootbeer or white-tip coloring like it's going out of style? Do you have no idea what those things are? Whether you're a tea aficionado or a Lipton-sipping newbie looking to expand your horizons — and maybe your taste of water pipes — **DOBA TEA** is the spot for you. The menu of teas from around the globe is overwhelming, but the staff of this downtown teahouse is all too happy to help. And yes, there's kind of a hookah bar vibe, but the haze gently wafting above the pillow pit — exactly what it sounds like — is actually just incense made from tea. We're more relaxed just thinking about it.

## Reel World

Got a student ID card? Flash it on the regular for discounts at **MINIMAL MOVY CINEMA**. This family-owned downtown theater plays a mix of mainstream and art-house flicks, from *Mid-Winter Furry Road* to *Everbody Wants Some!* The screens are smallish, but the popcorn is the best in town. For the true blockbuster experience, check out **WILLOWTON MAJESTIC 16** or the rowdious **THEATRE AT ISSUE CINEMA**. And in the warmer months, you can't beat the throwback vibe at the **THEATRE DRIVE-IN THEATRE** in Colchester.



## who's good

### Luis Calderin

**AGE:** 41

**OCCUPATION:** vice president of marketing and creative, Rock the Vote, former director of arts, culture and the youth vote, Bernie Sanders 2008 presidential campaign

**TOWN:** Burlington

Young voters were both the fuel and fire sparking the recent unlikely presidential run of Sen. Bernie Sanders (I-VT). And the man charged with inspiring American youth to rock the vote was Burlington's Luis Calderin. As the Sanders campaign's director of arts, culture and the youth vote, Calderin's convoluted endowments from celebrities and civic leaders. He counted politically charged art exhibits that toured the country. In short, he helped change the way politicians relate to America's youth. That came as no surprise to his friends back in Burlington, where Calderin is known as a top brand strategist, a community builder and, when he's got time, a hell of a club kid.

**FAVORITE LOCAL BAND:** Rough Francis. They channel the parent form of "rock out the joint" rock and roll over. They're timeless, high energy and incredibly comforting. Their live show has been the greatest stress reliever for me, second to running marathons.

**FAVORITE PLACE:** The Andy A-Dog Williams Skatepark. It's gorgeous. It's a brand-new, state-of-the-art space that is right on the waterfront. The place has used to phase kids around town for skating. Now those kids have the best real estate in the state. Only in Vermont! And, of course, it's named after not only one of the best skaters Vermont has ever known, but one of the best people of all time.

**BEST PLACE TO THINK BIG THOUGHTS:** The benches on the pathway heading down from Battery Park to the bottom of Depot Street. There are a few benches there that have the right vibe for big thoughts and conversations.

**FAVORITE PHRASE FROM YOUNG VICTORY:** **REVENGE:** My (former) boss, the senator from the good state of Vermont, Mr. Bernard Sanders, told about a historical figure it's been an honor to serve and participate in the political revolution.

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Photo: Chris Long

## Rock 'em

One of our favorite bar pastimes is shooting pool. But you don't have to wait until you're 21 to scratch that itch — on the right ball. **VINTAGE BILLIARDS & BAR** features 14 tables and plenty of room to maneuver so that you're not jostling with other patrons while making shots — a problem at most local bars. It's a good time and a great place to hone your skills. Whatever you do, don't get cocky and challenge pool hall owner Van Phan — unless you're a glutton for punishment. She's a former Vermont billiards champion and has competed nationally.

## Start Your Engines

Channel your inner Dale Earnhardt Jr. at the **INDIAN SPEEDWAY & ACTION CENTER**, the only indoor go-kart track in Vermont. If the slow lane is more your speed, try the bumper cars, the bounce area or the arcade.

## Java Jive

Main Street coffee shop **MOON WATERS** is a great spot for people watching by the street-facing picture window or just sipping lattes and admiring the woody décor — we're partial to the treehouse-esque booth. However, the café has no Wi-Fi, so you'll actually have to like, read a book or talk to people and stuff. Think of it like updating your Facebook status, but face to face. If you absolutely have to plug in, spacious **SPEEDER & BART'S COFFEE** on Pine Street, friendly **MAQUINERY** and cozy **UNCOMMON GROUND COFFEE & TEA** are good options. [infoVT.org](http://infoVT.org)



Photo: ETT PDS

# EYES OF THE WORLD



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# Humor Us

VERMONT COMEDY HITS THE FUNNY BOONE



Nathan Hartswick  
and Natalie Miller



STORY BY SAGE WILLIAMS  
PHOTOS BY MATTHEW THOMPSEN

What do you get when you cross a cow and a unicorn? A creature whose moo, according to an eyewitness, sounds like a million angels.

Jk. The mythical “mucow” is the mascot for the new Vermont Comedy Club, which opened in the fall of 2015. When you see its likeness on the brick building at 101 Main Street in Burlington, you’ll know you’re in the right place for oddball offerings.

The club is the bricks-and-mortar epicenter of Vermont’s burgeoning comedy scene, which has been on the rise since 2009. That year, the inaugural Green Mountain Comedy Festival featured a single night of performances by Burlington talents. Since then, the annual event has grown into a multiday affair, boasting more than 150 performers from all across the state. And the comedy club hosts nationally touring comedians and Green Mountain goaders nearly every night of the week.

In short, if you’re looking to giggle or maybe even guffaw, you’ve got a lot more options today than you did just a few years ago.

Vermont Comedy Club may be new, but its founders, Nathan Hartswick and Natalie Miller, are old hats. The king and queen of Vermont comedy have produced shows in bars, churches, tents and bowling alleys alike. They got their start by offering comedy theater and music workshops through Spark Arts — which, to give you a sense of their commitment to the craft, was founded on their wedding day in 2011.

Pop-art portraits of famous comics line the inside walls of the club. The bar mixes up humorously named cocktails — the Rusty Whisk Reck, for one — and servers deliver table-side snacks and beverages in the ISO-named “kitchen.”

About the showroom, it’s hosted everyone from Gilbert Gottfried (aka the voice of Iago the parrot in *Aladdin*) to Brooks Whetten of “Saturday Night Live” fame to Jay Chandrasekhar of *Super Troopers*. Politically savvy peeps still remember the club’s rock



## WHAT'S SO FUNNY?

To help you learn who's who in the local comedy scene, we asked a few resident jokesters to introduce themselves with a signature quip.



**I want to start a magazine dedicated to dogs and call it Buddy. Subscription is Free, so anyone can have Buddy issues if they want.**

**- AMY VOLZ** *Recommended if you like Jan Robinson, David Cross, Sarah Silverman*

**Good person test: When you watch crime shows, do you worry about one day getting murdered, or do you worry about one day getting caught murdering someone? Are you watching like, "I guess I'm never going camping alone again"? Or are you watching like, "I'd remove all the teeth, that's what I'd do"?**



**- REMOND CARRRELL** *Voted Vermont's Funniest Opened in 2015 RHYM... Amy Schumer, Pete Holmes, Conan O'Brien*

**I saw an article the other day called "These pictures of Jennifer Lopez's ass will make you want to put down the cupcake." I didn't have a cupcake at the time, so all that did was make me want a cupcake.**



**- NICOLE SISK** *RHYM... Eugene Mirman, Todd Bantz, Tig Notaro*

**I seriously injured my little brother playing pool. He's in the ICU.**



**- RICHARD BOWEN** *RHYM... Samer Maris, Mitch Hedberg, Steve Martin*

**A Friend of mine once said that my comedy crosses cultures. I think what she meant was, "You're black, and I bet you can name all of the X-Men."**



**- MIKE THOMAS** *RHYM... Aziz Ansari, Hannibal Buress, John Mulaney*



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debate between presidential hopefuls Donald Trump and Sen. Bernie Sanders, with comedians Anthony Atamanuik and James Adomian busting out their best improvisations.

If some of these comics don't sound familiar, fear not. The club's website, [vermontcomedyclub.com](http://vermontcomedyclub.com), provides more mainstream associations for the lesser-known comedians — for example, "Recommended if you like Louis CK."

And remember, you're here to laugh at the locals, too. Catch an opening for bigger acts on the weekend, consisting of improv and standup showcases, and even teaching classes. So when free open mic nights (Sundays and Wednesdays) and cheap improv shows (Thursdays) roll around, you can be assured that the performers (generally) won't tell you [mug](http://mug).

## MAIN EVENTS

### Vermont's Funniest Comedian Contest

Want you think you're representing Vermont's funny population, check out the annual comedy competition in which 60 standups wowed audiences with their wit in a mind-boggling four night showdown.

**Brewster Street Comedy Open House**  
[brewsterstreet.com](http://brewsterstreet.com)

### Brown Mountain Comedy Festival

Big-name comics like Tig Notaro and Wyatt Cenac have headlined this mulling, multi-venue fest, which also highlights local talent in standup, improv and sketch shows.

**All event locations in Burlington and around  
Brewster, [greenstategarden.com](http://greenstategarden.com)**



**388 Pine St.**

**802-540-2097**

# Rock On

A PLAYLIST OF LOCAL TUNES

BY DAN BEILES



## Modula, "Realization"

[modulamusic.com](http://modulamusic.com)

Do you like mean? Do you dance moves? Spend a lot! We thought so. Modula have quickly ascended to the ranks of Vermont's elite, thanks to an infectious sound that fuses the danceable pop sensibilities of Justin Timberlake, the great heart and affinity for falsetto vocals of Ron Fies, and the sonic ingenuity of Beck. Check out "Realization" from their 2016 sophomore album, *Focus*.

## The High Breaks, "Vasdoe Wave"

[thehighbreaks.bandcamp.com](http://thehighbreaks.bandcamp.com)

Blending the classic surf riffs of Dick Dale with a boaters' row boat that sinks at Hiramaker David Lynch, The High Breaks are kings of the beach when it comes to Vermont's oddly vibrant surf-rock scene.

## The Mountain Says No, "Statistik"

[thesourtrainsaysno.bandcamp.com](http://thesourtrainsaysno.bandcamp.com)

If you like your rock gritty, swampy and a little weird, say yes to the Mountain Says No. "Statistik" is a hairy, ammic and charismatic cut from the band's excellent 2015 record that borls at an army of influences, from Black Sabbath to Pavement to Fela Kuti.

## Tyler Mast & Paradise Blvd., "Mad River Stamp"

[paradiseblvd.music.com](http://paradiseblvd.music.com)

Though it tends to fly under the radar, Burlington's jazz scene is bustling, offering everything from straight jazz to bebop to post-bop and the most fun-bung, sonic trips. Tyler Mast & Paradise Boulevard are a local supergroup of sorts who specialize in "net grooves." That's a heady instrumental fusion of funk, rock, jazz and just that makes for a smooth welcome point for wannabe hepato to dig the scene.

We'll go out on a limb and guess you've probably heard of Pink, Grace Potter and Anna Mitchell. But there's a hell of a lot more to local music than our most famous exports. In fact, we'd put our name up against any in the Northeast — though we concede that Brooklyn is pretty cool, too.

To hip you to some of the resident bands you should know, we've drafted a little roundup below. But it's just a starting point. Find your groove by getting out to some shows — check the music venues roundup on page 73 — and tuning to the music section of Seven Days each week. Oh, and follow TD on Spotify (sevendaysvt) for frequently updated playlists — including this one.



The High Breaks



The Linguistic Civilians

## Black Rabbit, "The Original Original"

[blackrabbitlaneseries.com](http://blackrabbitlaneseries.com)

Perhaps no genre has as long and proud a tradition in Vermont as punk. Black it, jam fans! Punk has been a cornerstone of the scene since the late 1970s. Presently, Black Rabbit are among the state's best, merging vintage punk angst with genuinely top-notch chops.

## Caroline Rose, "Blood on Your Bootheels"

[carolinerosemusic.com](http://carolinerosemusic.com)

If you're looking for Vermont's next breakout star, here she is. Rose scored tons of praise for her spectacular 2014 record, *I Will Not Be*.

**Afraid** Check out the sociopolitically charged lead single, "Blood on Your Bootheels," a biting, innuendo track that premiered via NPR Music and put Rose on the national map. Look for a new album — and perhaps a sonic switch toward popability — soon.

## The Linguistic Civilians, "Drink Funky"

[the linguisticcivilians.laneseries.com](http://the linguisticcivilians.laneseries.com)

Vermont's hip-hop scene is lively and diverse, which might come as a surprise to newcomers. Deal with it, yo. Heavily influenced by a Tribe Called Quest — RBT, Phife Dawg — the reigning kings (and queen) of the BQ are a rap crew called the Linguistic Civilians. Take one apart with the party anthem "Glek Funky," and you'll see why.



## PERFORMANCE SEASON

An Evening of Mozart, Bartok, and Crumb — B. Thomas	
Tower Is Music Collaborators, producers, David	
Featuring: Paul Segal, D. Sylvia Parker, piano	8/24
La Voix du Nord	8/26
Antonia Marano/Ojeda, accordion	
Meredith Tait, guitar	10/17
Ray Woodhouse/Laneseries —	
Tales from the Forgotten Kingdom	10/18
Pauley Quartet	10/20
Luc Calhoun	10/26
Laneseries Philharmonic Piano Duo	11/4
Mike Dwyer — violin and the Minors	
The Works of Whaley Clark <b>NEW</b>	11/10-11/11
ATOC: Trio	11/16
The Stone Ensemble	12/11-12
A Cape Breton Holiday Concert with Craig	12/19
Taylor, Omer MENA, featuring Laneseries Taylor	
and Tom Chaplin	1/17
Orion/Winter	3/13
Merck Visions	3/26
Rhythmic Future Quartet,	
with Frank Vignola, guitar	3/17
Vincent Segal, cello in <i>Ensemble Circles</i> , <b>NEW</b>	3/24
Jenny Schinnerer's <i>Knappe, A Missing Portrait</i> —	
documentary film with live music	3/13
Laneseries Black Members <b>NEW</b>	5/16
ENSEL — Ben Green	5/24
Georgie Kana, piano	5/29
Sirius Harris, soprano	4/13
Bumper Balloons	4/21
Three Women and the Truth — Eliza Kellyman,	
Kristen Peters, Jo Mary/Sandifer	4/26

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PHOTO BY GUY WOOD



## Swale, "Popular Crowd"

[www.fox.com](http://www.fox.com)

Swale's 2014 record, *The Next Instead* — and the accompanying remix record, *Direct Instead* — was something like the local rock equivalent to appointment viewing television. The album was among the most anticipated of the year and, following its release, among the most universally admired. Our favorite cut was the anthemic "Popular Crowd." We dare you not to sing along.

(Disclosure: Swale bassist Tyler Bolles is the brother of *Seven Days* music editor Dan Bolles — we told you Vermont is small!)



Francesca Macquard



## Francesca Blanchard, "Mon ange"

[francescablanchard.com](http://francescablanchard.com)

Whether Francesca Blanchard sings in English or French, she has a way of getting her message across — and it's typically ahead right at your heart. The worldly songwriter is a budding star at home and abroad — she was born in France — owing to her beautifully expressive voice and uniquely nuanced sense of folk song craft.

## Rough Francis, "MSP2"

[roughfrancis.com](http://roughfrancis.com)

If you're gonna live in Burlington, you'll have to familiarize yourself with the story of Vermont proto-punk band Death. (Just google it, okay?) In the meantime, check out the sons of Death, Burlington's Rough Francis, who are making national waves with raw punk music inspired by their dad's old band, such as their ripping single "MSP2."

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## Kat Wright and the Indomitable Soul Band, "By My Side"

[katwrightandsoulband.com](http://katwrightandsoulband.com)

If you're a fan of retro-soul soul-brothers Shemekia Dupree, Raphael Saadiq or the late Aretha Franklin, you'll want to let your backbite slip to the sultry R&B sounds of Vermont's reigning soul diva, Kat Wright.

## Harder They Come, "Freak"

[facebook.com/hardertheycome](http://facebook.com/hardertheycome)

The electronic dance music scene is bumping in Burlington. Though largely dominated by house and its various offshoots, you'll find pockets of trap, trance, chubbies, EDM and just about every other variant of ultra-until-at-clubs-all-over-the-city. Local recordings tend to be low and far between, but "Freak" from Harder They Come's 2015 *The Freak EP*, is an excellent primer.

## The DuPont Brothers, "Seven Days"

[dupontbrothersmusic.com](http://dupontbrothersmusic.com)

No, we didn't choose "Seven Days" from the DuPont Brothers' 2016 record *A Riddle for You*, because it shares the name of our awesome attorney OK, maybe we did. Still, it's a sterling tune. Recorded with enigmatic composer, producer and bandleader Michael Clement, the song is a brilliant example of the DuPonts' gorgeously delicate blend of indie folk that lets you right in the feels. **A-1**



## MAIN EVENTS

### A-Dog Day

A day of skateboarding, art, food and music honors the life and legacy of the much loved late DJ Andy "A-Dog" Williams, who died of leukemia. Fitingly, there's a loose murder drive, and all proceeds benefit the Friends for A-Dog Foundation.

**August 25, 10 a.m.** [thefriendsofado.com](http://www.thefriendsofado.com)

### Brand Point North

In the last two years, Brand Point has opened for the Rolling Stones, released her first solo album and treated the country on a rock and roll tour. The Vermont native returns home to "Brand" us with two days of live-date tunes, alongside local and national acts.

**September 2 and 3, 8 p.m.** [brandpoint.com](http://www.brandpoint.com)

### Walking Windows

The organizers of Walking Windows clearly have their fingers on the pulse of local folk performers (include the Best of Spotify City, Winochester and King Tell Way) than (50) local regional and national acts later in intimate venues around the Center City during this super-hot season of video music, art and food. This year they both just may be your last chance to see your faves' underground act before they break big.

**July 19, 6 p.m.** [walkingwindows.com](http://www.walkingwindows.com)

### Burlington Discover Jazz Festival

Cool cats catch world-class players showing their chops during this 10-day fest that's taking place everywhere from the Flynn Center for the Performing Arts to the downtown Lake Champlain waterfront. Can you dig it?

**Aug 2 to 8, 6 p.m.** [burlingtondiscoverjazz.com](http://www.burlingtondiscoverjazz.com)



**who's good**

## All Fogel

**AGE: 33**

**OCCUPATION:** manager, the Monkey House  
**WALKING WINDOWS PRESENTS:**  
**TOWN:** Winwood

Live in CTV long enough, and you'll hear Winwood referred to as "Burlington's Williamsburg." There's some truth to that nickname. The up-and-coming Green city ("Winwood" is the alibi word for "Boston," BTW) is a totally alternative to the larger Green City And people like All Fogel — a self-proclaimed "lover of all things Winwood" — are a big reason why Fogel is the manager of the Monkey House, one of the biggest live music joints in the area. She's also a key member of Walking Windows Presents, the year-round the state's coolest indie music festival, Walking Window, which takes place in the Noank every year in early May.

**FAVORITE LOCAL BAND:** Henry Plunk, because they are lo-and rock. But there are so many. We are lucky to live where we live.

### TELEVISION REVELATION WORTH

**REVEALING FOR:** The drive down to Dorset is my favorite. All the random things on the way down are totally worth the long wait. You have to count how many covered bridges you see — it's a great game. I also love a good drive for anywhere there, dark and winding, go back. (Fogel's note: As long as you have a designated driver, of course.)

### FAVORITE STREET IN BURLINGTON

Lansdown Avenue. Taking a stroll down this street will have you enjoying the dwellers of these houses — and give you motivation to befriend one and have them ask you for over for a barbecue.

**WHERE YOU CAN FIND ME ON A FRIDAY NIGHT:** In Winwood! Hit up the street.



PHOTO BY JEFFREY HARRIS

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# Raise the Bar

THE ULTIMATE GUIDE TO GOING OUT IN BURLINGTON

BY DAN HOLLES

Burlington and its surrounds offer an abundance of nocturnal activities. Want to catch some live music, cheer on your team or simply chill out with a perfectly mixed martini? The happenin' hangouts that follow have got you covered. *—DH*



what's good for...

## ROCK AND ROLL MUSIC VENUES

- 1 HIGHER GROUND**  
1214 Williston Rd., South Burlington,  
[highergroundmusic.com](http://highergroundmusic.com)  
Higher Ground boasts a constant stream of big-name musical touring acts on its palatial Ballroom stage. The adjacent Showhouse lounge features rising stars.
- 2 THE MONKEY HOUSE**  
30 Main St., Winooski,  
[monkeyhousevt.com](http://monkeyhousevt.com)  
The hippest joint in the Green City boasts the most consistently excellent lineup of local, regional and national indie music this side — or that side, really — of the Winooski River. It's also often 40+, especially during the week.

- 3 RAD40 BEAN**  
8 N. Winooski Ave., Burlington,  
[rad40bean.com](http://rad40bean.com)  
Though small in stature, the Bean is the beating heart of the local music scene. The eclectic repertory here is a musical melting pot, a proving ground for Burlington's brightest up-and-coming talent.
- 4 RED SQUARE**  
106 Church St., Burlington,  
[redsquarevt.com](http://redsquarevt.com)  
Beats play almost nightly at this hip club and its adjacent alley. DJs spin after midnight most nights. Check out the Red Square Blue Room for bumpin' EDM on the weekends.

- 5 SIGNAL KITCHEN**  
71 Main St., Burlington,  
[signalkitchen.com](http://signalkitchen.com)  
Hidden in a Main Street alley with no sign marking its door, this recording-studio-turned-live-music-speakeasy boasts heavy-hitting musical acts both imported and domestic.

- 6 THE SKINNY PANCAKE**  
40 Lake St., Burlington,  
[skinnypancake.com](http://skinnypancake.com)  
Folk music and calypso — what's not to love? Get some of each most Thursday through Saturday nights. And tune in for Josh Penick's weekly acoustic soul residency on Wednesdays.



Rad40 Bean

COURTESY: SIGNAL KITCHEN

## 7 Hector's/ Club Metronome

184 Main St., Burlington,  
[burlmetronome.com](http://burlmetronome.com)

For more than 40 years, across Main Street hot spot Hector's — aka the House That Pinks Built — has offered "Fresh music served daily" (Also gravy fries.) Seven nights a week, the nightclub hosts lively and diverse local, regional and national acts, and its served as a launching pad for generations of BTV bands. Upstairs at Club Metronome, DJs spin most nights, including the ever-popular retro dance parties on the weekends. 10+ on weekdays.

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## 1 Esox

114 Main St., Burlington, 802-7314

Barflies, punks and hipsters coexist peacefully around Burlington's most whimsically placed pool table. The bartenders here don't force small talk — and that's part of the appeal. Named best place to go if you have nothing but face in the 2015 *Seven Oysters* readers' picks awards, this relaxed bar is home of the PB Army. Grab a seat by the large open-air window facing Main Street and watch the world go by.

## what's good for...

## DRINKING WITH THE TOWNIES LOCAL FAVORITES

2

**JY'S PUB**  
122 Main St., Burlington, 802-4388

If it's karaoke you seek, look no further. This classic dive serves up wensable rock stardom at least three nights a week.

3

**MANHATTAN PIZZA & PUB**  
157 Main St., Burlington,  
[manhattanpizzapub.com](http://manhattanpizzapub.com)

This cozy and usually low-key hang is noted for a killer beer selection, good pub grub and local bands on the weekends. (Pro tip: Bring by on Fridays for deals on Philly cheesesteaks and Heady Toppin'.)

4

**OLDE NORTENDER PUB**  
22 North St., Burlington, 802-6884

Owner Bob Bessards describes this true neighborhood watering hole as "the best damn make-your-feel-at-home bar."

5

**THE OTHER PLACE**  
4 N. Winslow Ave., Burlington, 802-6823

The OP is the green-culver incarnation of Burlington dives. It features drink specials every day of the week — we're partial to PSL pitchers on Tuesdays — and one of the most competitive pool tables in town.

6

**T. RUGG'S TAVERN**  
149 Elmwood Ave., Burlington, 802-6456

This Old North End staple has the distinction of being the only bar in town with a view of a cemetery. Go that's something.

7

**THREE NEEDS BREWERY & TAPROOM**  
585 Pearl St., Burlington, 802-6889

The Needs has great beer, lively pool tables and an enormous outdoor patio. Bring by at 5 p.m. on weekdays for Duff Hour, a double dose of "The Simpsons" and dollar drafts.

100 WASHINGTON ST. BURLINGTON, VT



The Other Place



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## what's good for... SPORTSBALL! SPORT BAR

- 3 AKES' PLACE**  
134 Church St., Burlington, 864-8111  
This classic college-town watering hole — with pool, darts and sports — was your older brother's favorite bar when he was in school. Here it might be yours, too.
- 2 BUFFALO WILD WINGS**  
Burlington Plaza Shopping Center, 808 Shelburne Rd., Burlington, [buffalowildwings.com](http://buffalowildwings.com)  
Sure, it's a chain. But with every square inch of the joint covered in TV screens — including above the urinals — there's not a leg game you can't see, wherever you sit. The wings ain't bad, either.
- 3 CHURCH STREET TAVERN**  
100 Church St., Burlington, [churchstreettavern.com](http://churchstreettavern.com)  
CST is a downtown staple, especially when it comes to catching a game with an overuse beer.
- 4 CK'S SPORTS BAR**  
12 Muller's Bay Ave., Windsor, [disportsbar.com](http://disportsbar.com)  
This traditional tavern — frequented by Saint Michael's College students — boasts a long wooden bar, a large outdoor deck, nightly drink specials and flat screens as far as the eye can see double.
- 5 MCCOLLICUDDY'S IRISH ALE HOUSE**  
Maple Tree Place, 28 Walnut St., Williston, [mccollicuddyirishalehouse.com](http://mccollicuddyirishalehouse.com)  
Tucked next to a shoe store in a shopping center, this cozy pub serves up sports with a side of solid Irish fare.
- 6 THE FOUR HOUSE**  
1920 Williston Rd., South Burlington, 863-3853  
Popular with the locals, this watering hole favors Boston sports teams. The Fenians suck, but the home-style pub fare certainly doesn't.

## Craig Mitchell

AGE: 41  
RESIDENCE: NJ  
TOWN: Burlington

In Burlington, Craig Mitchell is synonymous with house music. The middle Michigan native is a globally renowned house DJ and a fixture behind the decks at numerous local clubs, where he has become something of a guru in the vibrant electronic dance music scene. He is also terrific singer and probably the biggest Prince fan in Vermont — maybe anywhere. For proof, sneak out his killer tribute band, Operation Prince. You're welcome.



**PRINCIPLE LOCAL PARK:** Burlington Park, because it's where I start one of my favorite local runs down the bike path towards Colchester. [It's also good for] sitting on a swing, people watching and coming out to water skis. Seeing great live shows. Bending every runner under the pavilion to local and out-of-town DJs, while a Burlington police officer smiles, dances and allows the last 10 permitted minutes, even though [there are] noise complaints.

**ANY PLACE TO TURNED TO:** *Technique.* Sitting by the rapids in Windsor.

**PRINCIPLE PRIDE FROM VERMONT:** *Support.* Big Joe Barry. Both an amazing person and musician that he got a statue. Thinks that's what that is by restaurant Upstream Cafe, for those who didn't know.

**PRINCIPLE STREET IN BURLINGTON:** North Street. There's always life there, always something to see. A diversity of international stores and people. The character and characters make me smile.

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## what's good for...

# COSMOPOLITAN DRINKING

## UPSCALE(ish) BARS

- 1 DRINK**  
136 St. Paul St., Burlington, [drinkvt.com](http://drinkvt.com)

With a wide variety of mixed cocktails, beer and house-infused vodkas, Drink lives up to its name. Grab a board game and kick back on the sleeky black leather couches.

- 2 JUNIPER**  
41 Cherry St., Burlington, [juniortown.com](http://juniortown.com)  
Creative cocktails and a tiny hotel Vermont location make this bar a prime destination for closing up your glasses — perhaps with jazz on Wednesdays. In warmer months, chill outdoors by the fire pit.

- 3 MULE BAR**  
38 Main St., Winooski, [mulebarvt.com](http://mulebarvt.com)  
Thoughtfully sourced brews and interesting bar bites are the backbone of this hipster-choic hatching post.

- 4 OAK45**  
45 Main St., Winooski, [oak45.com](http://oak45.com)  
This boutique bar in the heart of Winooski has an epic wine list but none of the smoothies you might expect.

- 5 VIN BAR & SHOP**  
128 College St., Burlington, [vinbarvt.com](http://vinbarvt.com)  
The elegant wine bar serves 25-plus eclectic wines by the glass, plus small plates of cured meats and cheeses.

- 6 THE WHISKEY ROOM AT RI RA IRISH PUB**  
176 College St., Burlington, [ira.com](http://ira.com)  
It's a room. With whiskey. Actually, it's a really nice room, with really nice whiskey — 150 regular and rare blends. Careful, now.



## 7 The Daily Planet

18 Center St., Burlington, [dailyplanetvt.com](http://dailyplanetvt.com)

Live in Burlington long enough, and you'll have at least one first date at the downtown landmark. It's almost a rite of passage for singles in the Queen City: Winner of best cocktails for two years in a row in the *Seven Dayz* readers' polls awards, the Planet is where the locals go to get away from college kids and sip crafty drinks such as the espresso martini.



Photo: Mike Miller/MLB.com



# Game On

A PLAYBOOK TO SPECTATOR SPORTS IN VERMONT

BY DAN ROLLIS

We'll be honest: Vermont isn't exactly a hub for spectator sports. Sure, we've a sports bunch, and options for being active abound. However, when it comes to actually watching local sports, the choices are slim.

What follows are some of your best bets for taking in the old ballgame — or roller derby bout, etc. — in person. If this doesn't satisfy your craving for competition, there's a list of sports bars on page 77.

## Vermont Lake Monsters

[vermont.lakemonsters.mlb.com](http://vermont.lakemonsters.mlb.com)

An affiliate of Major League Baseball's Oakland Athletics, the Vermont Lake Monsters are the state's only professional sports franchise. The club plays in the short season single-A New York-Penn League, which is the second-lowest level of baseball's minor leagues. But that doesn't mean the team suffers a lack of star power: ex-Castrol Field — the oldest active ballpark in the country.

Dating back to the 1930s — and including stints as the Vermont Reds, Monarchs and Expos — the Burlington area has sent dozens of players to major leagues. Those currently active include Addison Russell (Cubs), Jordan Zimmerman (Tigers), Ian Desmond (Rangers) and Marco Estrada (Blue Jays). Past stars include Jason Bay, Jeremy Carroll, Colorado Cabrera and Hall of Famer Ken Griffey Jr.

The Lake Monsters' season runs from mid-June to early September. And the wallet-friendly admission runs less than a night at the movies, making game day a hit with locals. Don't forget to keep an eye out for the Monsters' beloved mascot, Chungo.





## Vermont Catamounts

[umathletics.com](http://umathletics.com)

The University of Vermont is the state's only NCAA Division I college. Historically UVM has been viewed as an ice hockey power — the hockey Cats have turned out NHL stars such as Tim Thomas, Martin St. Louis and Vermont native John LeClair. But, in recent years, basketball has blossomed. The men's team is a perennial contender to make the NCAA tourney — they shocked heavily favored Syracuse in 2005. And after some down years, the Lady Cats are on the rebound.



## Middlebury Panthers

[athletics.middlebury.edu](http://athletics.middlebury.edu)

The Middlebury College Panthers are competitive across athletic programs, from soccer and football to skiing and track and field. But the real draw here is the women's ice hockey team. The Lady Panthers are a Division III powerhouse, making the NCAA tournament every season but one since 2001 and winning the big chance in three consecutive seasons from 2004 to 2006.

## Green Mountain Roller Derby

[gmrollerderby.com](http://gmrollerderby.com)

The national roller derby craze is alive and well in Vermont. Green Mountain Roller Derby is the state's first women's flat-track roller derby league, with three clubs competing against opponents from around the Northeast. The action is fast and furious — which you might expect from players with nicknames such as "Pistol-Pinon Bruiser" and "Savage Patch Kid."

## Vermont Open Snowboard and Music Festival

[vsoffition.com](http://vsoffition.com)

For 27 years, the Burton U.S. Open was held at Station Mountain in southern Vermont. It only makes sense that one of the world's premier snowboarding events would happen in the state where the sport — and Burton — was born. Sadly the U.S. Open moved to Tell, Colo., in 2013, but Vermont retains a killer tournament. The Vermont Open Snowboard and Music Festival attracts some of the biggest names in the sport competing against local shredders.



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## who's good

### Luke Haddock

AGE: 35

**PROFESSION:** professional snowboarder (winter), assistant manager of house painting (summer), maple syrup producer (spring/season)  
**TOWN:** Richmond

Native Vermonter Luke Haddock started snowboarding when he was 15. In the third grade, he turned pro. In 2005, on behalf of his sponsors, technique, he travels to competitions and events all across the country and shows off sick jumps and slope style antics at video contests. When he's not getting air, he's working and finishing a business degree at the Community College of Vermont. "This been a lot of gigging," he says, "and out of all of them, Vermont is still one of the top three."

**FAVORITE LOCAL BYOND:** Tolland Skispace. I buy skis/board decks and anything else they sell.

**FAVORITE FRIDGE FROM VERMONT BYOND:** Road Process. He's done a lot for snowboarding. He was the first local Olympic gold medal in men's half-pipe in 2002. He just killed it around here. He's a legend.

**MY RADIO DIAL-IN FORKS TO:** 103.1 (older) or 103.3 (pup-pup)

**HOW TO GET THROUGH A VERMONT WINTER:** Lots of layers. And stay moving. If you're not moving, you better start moving.

**WHERE TO FIND HIM ON A FRIGID WINTER DAY:** Backs, for the strong backs, \$5 protein and welcoming atmosphere.

**FAVORITE SPOT IN BURLINGTON:** Church Street. Clashes, but true.



Lake Champlain Pond Hockey Classic



## Lake Champlain Pond Hockey Classic

[pondhockeyclassic.com](http://pondhockeyclassic.com)

Hope, those aren't ice-fishing shanties dotting Colchester's Madetta Bay in February — OK, there are probably a few of those, too. But we're more interested in the dozens of hockey goals out there. Every year in the absolute dead of winter, 100-plus teams descend on the bay from all over New England to compete in the Lake Champlain Pond Hockey Classic, which is equal parts tournament and weekend-long beer bash.

## Thunder Road International SpeedBowl

[thunderroadspeedbowl.com](http://thunderroadspeedbowl.com)

Vermont doesn't have a NASCAR track. But Thunder Road in Warren has been known to attract a NASCAR driver or two, not to mention thousands of race fans, since it opened in 1960. From May until October, the weekly Thursday races at the quarter-mile speedway are a Green Mountain State institution. (It's the season-ending Vermont 100, bowl race, the winner of which is required to kiss a cow at Victory Circle. Displace Vermont, [vmt.org](http://vmt.org).)



THUNDER ROAD INTERNATIONAL SPEEDBOWL

## MAIN EVENTS

### Slush Derby

In a slush derby, winter seems to last half the year: the best survival strategy is to learn to lose seven sports. First the blues at the Slush Derby, where cross-country skiers and fat-tire bikers battle challenging terrain from the top of Mount Mansfield to Green Village.

[slushderby.com](http://slushderby.com)

### People's United Bank Vermont City Marathon & 10k

What better way to explore a new city than on foot? Long-distance runners take the scenic route through Burlington at the marathon and 10k. After 26.2 miles, all roads meet at one point: you'll finish the Queen City like the back of your hand.

[my26.2milesforburlington.com](http://my26.2milesforburlington.com)



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BY DAN BOITES

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## 3 Mt. Mansfield

[visitstateparks.com](http://visitstateparks.com)

At 4,393 feet, Mt. Mansfield is the tallest mountain in the state. It's also one of only two peaks in Vermont with alpine forests — the other is Camel's Hump. There are numerous climbs to the summit from virtually all sides of Mansfield. We prefer the Sunset Ridge Trail from Underhill State Park. Much of the 3.3-mile trail is above the treeline, which means you won't need to wait to reach the top for some truly jaw-dropping views.

what's good for...

## OMIGOD, IT'S THE SUN!

SPOT FOR AUTUMN-LIKE FUN

### 2 DISTOL FALLS Lincoln Rd., Bristol

Swimming holes are everywhere in Vermont, which is a good thing when Lake Champlain inevitably sprouts an algae bloom. Distol Falls is one of the more scenic — and safe — spots to cool off. It features a 15-foot waterfall that empties into a deep, chilly pool.

### 3 ANDY A-DON WILLIAMS SKATEPARK Waterfront Park, Burlington [www.burlingtonvt.com](http://www.burlingtonvt.com)

Hit up this brand-new, world-class concrete skate park, located just off the Burlington Bike Path, for its rails, ramps, boxes, half bowl and half-pipe. In June 2016, skate legend Tony Hawk dropped in to help dedicate the park to a late local DJ and skateboarder.

### 4 COMMUNITY SAILING CENTER 234 Penny Lane, Burlington [communitysailingcenter.org](http://communitysailingcenter.org)

Old salts who know the difference between a job and an interest can rent sailboats at this community-oriented sailing center from May through October. You can also take lessons or test your skills in the weekly races.

### 5 ISLAND LINE BIKE TRAIL [localization.org](http://localization.org)

This 14-mile bike trail runs along Lake Champlain from Colledge Park all the way to the Colchester outcrops — a narrow old railroad that extends three miles into the lake. A bike ferry connects you to the Champlain Islands in summer.

### 6 THE LONG TRAIL [greenmountainstate.org](http://greenmountainstate.org)

Into thru-hiking? This 270-mile footpath extends from the Massachusetts-Vermont line to the Canadian border and there are 175 miles of side trails.

### 7 MT. PHLO STATE PARK 5420 Mt. Phlo Rd., Charlotte, [visitstateparks.com](http://visitstateparks.com)

Mt. Phlo is the perfect high-altitude spot for a picnic with friends. There's a steep trail to the top, but your less adventurous buds can drive up the 950-foot peak from late May to mid-October.



Andy A-Don Williams  
Skatepark

Photo: iStockphoto.com

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## 1 Stowe Mountain Resort

5781 Mountain Rd.,  
Stowe, [stowe.com](http://stowe.com)

Vermont's preeminent alpine resort boasts unrelenting verticals, a fully stocked terrain park, a fancy lodge and a first-rate performing arts center. It's also located in Stowe, one of the prettiest — and richest — ski towns in New England. They don't call it "Japan of the East" for nothing.

what's good for...

## KEEPIN' COOL (NEARBY SPOTS FOR FROZEN FUN)

### 2 BOLTON VALLEY RESORT

4002 Bolton Valley Access Rd., Bolton,  
[boltonvalley.com](http://boltonvalley.com)

Just a half-hour drive from downtown, Bolton is Burlington's closest ski area and one of the best picks for night skiing and riding.

### 3 DURLINGTON COUNTRY CLUB

888 S. Prospect St., Burlington,  
[burlingtoncountryclub.org](http://burlingtoncountryclub.org)

Once it's covered with snow, the hill at DCC becomes Burlington's most popular sledding destination. But watch your speed, hot dog. Kids and families abound.

### 4 CATAMOUNT OUTDOOR FAMILY CENTER

882 Gov. Chittenden Rd., Williston,  
[catamountoutdoorfamilycenter.com](http://catamountoutdoorfamilycenter.com)

Don't let the "family" in the title keep you away from this 500-acre spread on the outskirts of Burlington. Come here to cross-country ski all winter and take and run the rest of the year.

### 5 LAKE CHAMPLAIN

Waterfront Park, Burlington, [enjoyburlington.com](http://enjoyburlington.com)

When the lake freezes over, Burlington Bay is a magical skating spot. There's nothing quite like looping figure eights with the Green City skyline as your backdrop.

### 6 SMUGGLERS' NOTCH RESORT

4002 Route 108, Jeffersonville, [smugglers.com](http://smugglers.com)

The locals call it Smuggs, and it offers some of the best tree skiing and riding around — not to mention a great terrain park.

### 7 SUGARBUSH RESORT

1840 Sugarbush Access Rd., Warren,  
[sugarbush.com](http://sugarbush.com)

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what's good for...

## PARKING IT BY-AREA PARKS

1

### BATTERY PARK

1 North Ave., Burlington,  
[enjoyburlington.com](http://enjoyburlington.com)

This park next to the police station is the best place to go to watch the sun set over the Adirondacks. In warmer weather, you can grab a Michigan hot dog from Seaside's Bus, too.

2

### LEDDY PARK

218 Leedy Park Rd., Burlington,  
[enjoyburlington.com](http://enjoyburlington.com)

Splash into the calm, shallow water on the beach of this family-oriented park in the River North End during the summer months — or hit the tennis or basketball courts. In the winter, check out the skating rink for public ice time.

3

### NORTH BEACH

65 Interstate Rd., Burlington,  
[enjoyburlington.org](http://enjoyburlington.org)

Students flock to this popular sandy strip as soon as the temperature cracks 40 degrees. To avoid the crowds, walk a few hundred yards south to Toxaco Beach, which is where in-the-know locals go, often with their dogs.

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**4 OAKLEDGE PARK**  
2 Flynn Ave., Burlington,  
[enjoyburlington.com](http://enjoyburlington.com)

Tennis, volleyball and bocce courts — and the occasional laparoid football league — are draws at this beautiful South End park. The picnic pavilions, spacious lawns and clean beach are nice, too.

**5 SHELDONHURST FARMS**  
1801 Harbor Rd., Shelburne,  
[shelburnefarms.org](http://shelburnefarms.org)

The landscape architect behind NYC's Central Park designed the rolling acres of this working farm, once the agricultural estate of wealthy Vanderbilt descendants. Go here to hike the lake-side trails or brunch like you're a 19th-century millionaire at the manor house, now an inn.

**6 WINOOSKI RIVER WALK**  
Downtown Winooski

A scenic walkway winds slowly along the Winooski River for views of the falls and the Chinoiserie Mill. There's also a canoe launch nearby for paddling downstream to the lake.

**7 Waterfront Park**

10 College St., Burlington,  
[enjoyburlington.com](http://enjoyburlington.com)

The crown jewel of Burlington's shoreline district is Waterfront Park, a sprawling, grassy destination for sunbathers, frisbee and kite enthusiasts, or those who simply want to stroll the scenic boardwalk for a view of the Adirondacks. Major bands host live tented concerts here from spring to fall. Grab yourself a snowcone from nearby Burlington Bay Market & Cafe and see if you can spot one of the covered wavy benches.

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1164 Wilston Rd.,  
South Burlington,  
alpineshopvt.com

"Ski today, work tomorrow" is the motto of this locally owned outfitter, housed in a roadside ski chalet and in business for more than half a century. It has everything you need for your alpine adventures — including stylish aprons ski apparel.



**2 BURTON**  
80 Industrial Pkwy. and  
162 College St., Burlington,  
burton.com

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- 3 OLD SPOKES HOME**  
322 N. Woodstock Ave., Burlington,  
[oldspeleshome.com](http://oldspeleshome.com)  
The self-described "most unusual bike shop on the planet" is the best place in Burlington to find a vintage ride. Its staff turns anything with two wheels. They sell new stuff, too.

- 4 RIDIN' HIGH**  
2 Pearl St., Burlington, [ridinhigh.com](http://ridinhigh.com)  
Before you shred the skate park or barrel down Pearl Street on your longboard, visit this funky shop for the latest in skateboards, longboards and, most importantly, protective gear.

- 5 SKIRACK**  
45 Main St., Burlington, [skirack.com](http://skirack.com)  
SnowSports Industries America has called this the No. 1 ski shop in New England. Skirack is also a surfer-like shop with tons of two-wheelers, from BMX to downhill.

- 6 WINDWAVE**  
448 Pine St., Burlington,  
[windwave.com](http://windwave.com)  
Yes, Burlington has a surf shop. The city's only dedicated water-sports retailer offers access to the wind and waves. Gear up here for windsurfing, standup paddleboarding and kitesurfing.

## **7 Outdoor Gear Exchange**

37 Church St.,  
Burlington,  
[gears.com](http://gears.com)

If what you need involves outdoor sports, Outdoor Gear Exchange has got it. For two decades, OGE has been the go-to shop for in-the-know local kayakers, hikers, skiers, climbers and camping enthusiasts. Its friendly and knowledgeable staff will help you navigate the huge inventory — check the downstairs consignment area for real scores. Oh, and you can bring your dog, too.

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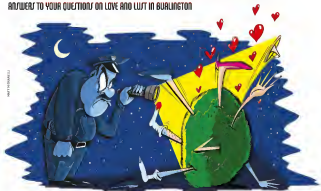
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# Ask Athena

ANSWERS TO YOUR QUESTIONS ON LOVE AND LUST IN BURLINGTON

PHOTO BY JESSICA SULL



## Where can I discreetly get it on in public? —GETTING DOWN ALL AROUND

Ohh, and Public restrooms are a classic spot — and the mirrored, low-lit territory at Light Club Lamp Shop is pretty spacious, just right! Just lock the damn door!

If the thrill of being caught appeals to you, try getting frisky at night by — or in — the lake. In a parked car overlooking the mountains could be romantic and

kinky. Overlook Park on Spaul Street in South Burlington is a long-horizon make-out spot. Ditto Colchester's Sunset Drive-In Theatre during the summer months.

But do bone up on laws surrounding lewd and lascivious behavior first. We'd hate to see you in handcuffs — for the wrong reasons, anyway.

## Where the eff are the gay bars? LGBTQ resources? —GETTING DOWN

Only since 198 Paul closed years ago, the Queen City has lacked a true gay bar. Get on it, business owners of Burlington in the meantime, try Three Heads Brewery & Taproom on Pearl Street, it's kind of an undercover lesbian bar. One on Church Street, Halfpence Brewery is super gay friendly. In Wisconsin, the Monkey House hosts LGBT events such as the Over the Rainbow Open House, and Oak45 has twice been voted best gay-friendly bar in the state.

As for resources: The Pride Center of Vermont on South Champlain Street offers education and advocacy for the gay community. Check [pridecentervt.org](http://pridecentervt.org) for events and helpful info.

## I had unprotected sex and am worried I got an STD. Where do I go? —GETTING DOWN

Two words: Planned Parenthood. Find the Burlington location on 24 Paul Street. (Don't mind the occasional protesters outside, just go in and ask for help. The staff is friendly and efficient. And good for you for getting checked out, but don't make unprotected sex a habit. Be safe so you can have fun, relatively worry-free.

✉ Ask a question for Athena? Ask anonymously if you want, on [ask.athena.is.a.verbally.colored.bitch.org](http://ask.athena.is.a.verbally.colored.bitch.org).

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